

## Yoga

Yoga Training is beyond the scope of this manual. The following information is intended to inform the prospective trainer of the special requirements of this type of client. Yoga Instructors are specifically trained for years in the subject.

### ***Benefits***

- Relaxation
- Increased Flexibility
- Increased Respiration
- Increased Circulation
- Self Awareness

There are many different yoga styles. Each style has specific guidelines to follow. In general, practicing yoga, whatever the style, on a regular basis is the key to getting the benefits of the practice. Just like any other exercise, you need to devote time to yoga. Setting aside fifteen to thirty minutes a session is an adequate amount of time for beginners. As a beginner you may want to practice at least three to four times a week, then work your way up to a daily practice. As with any other exercises, you will want to wait at least four hours after a heavy meal before you practice yoga.

### ***Requirements***

It is recommended that you choose a clean, flat area where you can practice without be disturbed. You can use specific Yoga mats or any skid proof mat. You must wear comfortable clothing that allows you to move freely. Always practice barefoot.

### ***Guidelines***

Breathe slowly and quietly through the nostrils. Never hold your breath when moving into, maintaining, or coming out of any pose. Holding your breath can put a strain on the heart.

Move into each pose with a full awareness. Do not bounce or jerk into a stretch, this will cause the muscle to involuntarily contract and may cause injury. Go as far as you can into the stretch (pose) while maintaining a correct alignment. Maintain correct alignment for safety and effectiveness rather than sacrificing the pose so that you

appear to be stretching further. When you are in a pose, you should feel tightness from stretching but never any pain. Only work the muscles that are necessary to hold the pose. Relax any other muscles that may take an extra effort. For example: relax your eyes, face, shoulders, neck and any other muscles that are not necessary.

When you need to adjust a pose you should make these changes from the ground up. In standing poses, begin adjusting the feet. In sitting poses, begin adjusting your buttocks and the placement of your pelvis. As with inverted poses (advanced), adjust your hands and work your way up.

When practicing yoga you should always go at your own pace. Never compete with the person next to you or with persons in a book or magazine or even the instructor. Everyone is different and your stretching capacity will change from day to day as you practice your poses. Always enter into the learning of yoga with an open mind. It is best to always use common sense when practicing your poses. If something does not seem right do not do it. Proceed with caution.

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