

Recommendations

- For your practice to be beneficial, we recommend you :
- Arrive early (especially for your first class), to have time to settle down quietly. Take a few minutes to center yourself and prepare yourself internally.
- **Classes start on time.**
- Notify in case of absence.
- In case of delay, discreetly take place in the room without disturbing the concentration of other students (noises or movements).
- Wear clean outfit, simple and comfortable; T-shirt, shorts, Bermuda shorts or leggings (if possible for the teacher to see your knees).
- Avoid eating before practice: 4 hours after a meal, 2 hours after a snack, 20 to 30 minutes after tea or coffee.
- Empty the bladder and intestines.
- Avoid sunbathing before practicing.
- Avoid strong perfumes.
- Preventing the teacher before class if particular events: fatigue, injury, periods for women, visit to the dentist, anesthesia, emotional shock etc.
- Avoid any practice in the day after a session of osteopathy or other manipulation of the spine (the reverse is possible).
- Do not use if you have a fever (it's the only time you should not do yoga).
- Store the equipment carefully at the end of the course.

Once at home: take some notes or sketches and engage in personal practice. The results will follow!

These recommendations are not rigid rules, but each one will appreciate the benefits in implementing them.

