

Dear friend,

Welcome to your first Kripalu Yoga class. This class has been carefully designed so you may derive the maximum benefit from your experience. Following are some guidelines and suggestions that you will find useful in your practice of Yoga.

- Please try to arrive a few minutes early so you have time to relax before class begins.
- Please wear comfortable clothes that allow your body full range of movement.
- Bring mat and a water bottle to class if you like. However, mats and other props are also available at the studio.
- When you enter the classroom, leave your worldly cares and troubles outside the door. Picture yourself entering an environment of peace and relaxation. Lie down or sit quietly on your mat, relax, and allow yourself to enter into the experience of being in the “here and now.”
- You are encouraged to ask questions after class about anything that is unclear to you.
- After the relaxation at the end of the class, try to hold on to the feeling of relaxation and well-being by maintaining a sense of peace and silence.
- Regular attendance is highly recommended. Sometimes just getting to class is the hardest part.
- To receive the maximum benefit, it is great to incorporate some of the things you have learned into your daily routine. Please ask me or schedule a private session to discuss starting a yoga practice at home.
- It is best to perform postures on an empty stomach. Wait at least one hour after a full meal before practicing. You may, however, find that a glass of juice or piece of fruit up to an hour before is fine.

The benefits of Yoga available to you are many, regardless of your age, flexibility, or degree of proficiency in the exercises. I will be happy to offer assistance in whatever way possible.

Yours in Yoga,
Summer Joy Hills-Bonczyk