

Welcome to 5809 YOGA

Greetings!

This session or class has been carefully designed so you may derive the maximum benefit from your experience. Please make note of the following and let me know if you have any questions:

- You may bring your own yoga mat or use one of ours. We have mats, blankets, blocks, straps, and cushions available.
- Come in comfortable clothing and please no cologne or perfume, as some are sensitive to it.
- Please let me know if you are under a doctor's care or if you have any specific health conditions such as high or low blood pressure, back problems, sinus issues, recent major surgery, or if you are pregnant, etc. I will then be able to give you special guidance.
- Feel free to ask questions about anything that is unclear. I welcome feedback and suggestions.
- Regular attendance is highly recommended. Please try to arrive a few minutes early so you have time to relax before your session or class begins.
- When you enter the yoga studio, leave your worldly cares and troubles outside the door. Picture yourself entering an environment of peace and relaxation. Sit or lie down quietly on your mat and allow yourself to enter into the experience of being in the *here and now*.
- Filtered water is available. You do not need to bring a water bottle unless you wish to.
- After savasana (relaxation) at the end of the class or session, try to sustain the feeling of relaxation and well-being by transitioning slowly. You are welcome to arrive half an hour early to class if you wish to talk with me in private. You can also call 612-709-4089 or contact me by email at Sharon.hillsbonczyk@gmail.com.
- Thank you for helping to put away props and mats after class. Private classes are not asked to do this.
- Feel free to browse through the book and resource collection and check out anything you may wish to use at home. Sign your items out using the resource pad and return them in one week for others to use.
- You may like to connect with others after class. All are welcome to linger for half an hour in the studio or as long as you wish outside (garden, porch, and front or back patio).
- Try some poses at home. To receive maximum benefit from your yoga, it is preferable that you practice what you are learning at least three times/week.
- It is best to perform postures on an empty stomach. Wait at least 90 minutes after a full meal before practicing. You may have a glass of juice or piece of fruit up to an hour before.
- All classes are donation-only, based on *dana*, selfless generosity. Classes of this size and length typically average \$15 - \$20. Some may be able to contribute more and others less, and your donation may vary week to week. All contributions are equally appreciated and all are anonymous.
- Private sessions are available for a set fee and are customized to meet your individual goals. If you wish to develop a home practice, have issues you would like addressed, would like to accelerate your learning, or are interested in ayurveda (lifestyle & nutrition), you may wish to consider a private class.
- The benefits of yoga are many, regardless of your age, flexibility, or degree of proficiency. I am happy to offer assistance in whatever way I can.

Namaste,

- Shar