

Dear friend,

Welcome to our Yoga Wellness Clinic family. Thank you for choosing us to help you on your journey of better health and greater serenity. It is our intention to provide you with the highest quality yoga instruction. We are honoured and excited to share in your journey.

These are not your 'regular' yoga classes. The idea of these classes is to make yoga accessible to all ages and levels of ability – especially to those suffering from chronic illness or recovering from injury and/or surgery. To this end, we focus heavily on offering modifications to suit each individual wherever possible, and we emphasise aspects of yoga often neglected in other classes, especially mindfulness, breathing techniques, and vocalisations. The goals being to restore physical function, mental performance, and emotional balance.

The following are some guidelines and suggestions to help you get the most from your classes:

- Please inform us of any medical conditions, medications, injuries, surgeries or other limitations/restrictions before the class, either by contacting us in advance or coming a little early.
- Come to the class with an empty stomach, so eat at least two hours before the class if possible, or have a light meal at least an hour before the class.
- Wear loose fitting comfortable clothing. Classes are done barefoot if at all possible.
- Please switch off your cellphone/mobile before the class starts.
- If any posture/position is uncomfortable or painful, please try the modification(s) offered, or further modify the pose to your level of comfort. Always respect the signals your body is sending you.

The benefits of yoga start as soon as you begin to practice, and the effects are cumulative. The more often you practice, and the more aspects of yoga you practice, the faster the benefits come and greater they will be. That's why much of what we teach can be applied outside the class.

To learn more about the classes, visit our frequently asked questions page at:
www.yogawellnessclinic.co.nz/faq

Yours in health,



Danika Michelle Dip Yoga Dip Yoga Therapy
www.yogawellnessclinic.co.nz
www.facebook.com/yogawellnessclinic



Dr Christian Thoma MSc PhD ACSM-CEP
www.builtformotion.co.nz
www.facebook.com/builtformotion