



What to expect from yoga class

Yoga is meant to be mindful movement with the breath. Class will focus on teaching students at **all levels** of practice. All poses will be presented with the beginner in mind. Because this is YOUR practice, you have the option to modify or not practice a pose if it does not feel right for you that day. We are all unique in how our bodies hold tension, and your variation of a pose may look different than the person next to you. That is perfectly fine. The practice of yoga is to create mobility while connecting the mind, breath and body. There is no expectation to be flexible when you join class. Yoga is for everyone, and this class is meant to meet the needs of any person despite age, body-type, gender, or mobility. Yoga is a non-judgmental practice for self-care.

CLASS STRUCTURE:

The class will begin with seated breath work, building endurance and depth of the inhale and exhale while settling the mind. I will sometimes bring in a reading and help set an intention for the class.

The heart of the class will be moving through various poses to stretch and lengthen muscles and tendons, releasing built up stress in the body.

The end of class, usually the last 10-15 minutes, will be a relaxation pose where you rest, breathe and integrate the practice. Most people look forward to this most of all. I sometimes share a reading at the beginning of this rest time as well.

EQUIPMENT:

Please bring a yoga mat with you. Blocks are often handy to help facilitate flexibility by giving you extra space in some poses. Again, you can bring your own if you have them, they are not required.

WHAT TO WEAR:

Comfortable clothing. This includes sweat pants, yoga pants or anything that allows you to move your body easily without restriction. Some people prefer fitted tops because there are poses that cause looser shirts to rise. Some people choose not to wear shorts because some poses are wide legged. In the end, it is whatever you are most comfortable in. You may get warm during practice so layers are nice.

You will be asked to practice in bare feet. This is the safest way to use a “sticky mat” or yoga mat, and shoes damage the mat material over time. Bare feet also allows for the best grounding.

WAIVERS:

Before you arrive to class, you will sign in and sign a waiver for the class.

I encourage you to share with me any physical limitations or concerns you have before class or when you arrive to class. The more I know the more accommodations and modifications can be suggested to support a healthy and safe practice.

I am excited and honored to be able to bring yoga to you.

Namaste,

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