

Yoga

It is
a holistic
system for achieving
radiant physical
health, superb
mental clarity and
therefore
peace of mind.



*The essence of yoga
is to be in the
driver's seat
of life.*

Enjoy yoga safely

Before practice:

Try not to eat two hours before yoga practice. Bring a non-slip mat to work on. Wear loose clothing that allows free movement and bring a warm jumper or fleece for the relaxation period. It is best to work in bare feet. Working in socks increases your chances of slipping and injury. Please remove glasses, watches and jewellery before practice. Leave personal belongings and outdoor clothing at the side of the room to leave your working space clear.

During practice:

NEVER STRAIN

The most important thing to remember is that you should stay within your own physical capabilities. This means listening carefully to what your body is saying to you, always erring on the side of safety. *You* have to take the responsibility for listening *and* taking notice of the messages it is sending. You will build up your degree of movement gradually.

Most of all, have fun!

For courses, day workshops,
free newsletter, downloads
and all other information
visit:

www.marilynyoga.com

or email:

mail@marilynyoga.com

*Yoga practise works in three areas:
gentle stretching exercises (postures/asanas),
breathing exercises (pranayama)
and deep relaxation techniques (yoga nidra.)*

Yoga Postures

work in various ways on all the body's internal organs and systems, particularly the nervous system, but also the joints, muscles, and ligaments.

They improve our posture, breathing, circulation, digestion and elimination as well as physical strength, stamina and confidence.

We will learn a range of simple practices especially designed to help to remove toxins, which will increase your energy levels.

If you haven't exercised for years and are a bit stiff and creaky, don't worry, it really doesn't matter.

You'll soon notice the difference.



Breathing Exercises

release tension and calm the mind.

Our emotions affect our breathing. When we are nervous, anxious or angry, the breathing responds by becoming shallow and erratic. The reverse is also true. Our breathing affects our emotional state. Deeper rhythmic breathing is both calming and uplifting. By consciously and gradually changing our breathing pattern, we calm the sympathetic nervous system, replacing anxiety and stress with a measure of serenity and balance.

Shallow restricted breathing can contribute to tiredness, depression and physical illness. Deep, relaxed, rhythmic breathing is energising and revitalising.

Relaxation

has to be experienced to be believed.

It relaxes, restores and rejuvenates.

During relaxation muscles release tension, the heart rate and blood pressure drop. Your mental activity slows down, tension and anxiety begins to dissolve. Body and mind let go to the stillness and peace of deep relaxation.

These conditions allow a deep healing to take place and relieve the stress that is detrimental to the efficient working of the immune system.

*Try to remember that your yoga begins when you
leave the classroom, it enables you to
live the real purpose of your life.
Through yoga you can help to spread
peace and love, one by one.*