



# India Jane Yoga



***Unwind your mind, awaken your spine, energise your body and feed your soul***

**Joining Instructions:**

- Eat well in advance of the practice, ideally around 2 hours before the class start time.
- Please arrive 5 to 10 minutes before the class to ensure time to settle before the practice begins.
- Yoga mats, blocks, straps are available to support posture alignment & provide comfort (e.g.when seated).
- During the class I will talk about alignment for each posture (asana) and the drishti (focused gaze) along with control of the breath, to help you to maximise the benefit of each posture, whilst taking care of your body & mind.
- I suggest you wear comfortable clothes that give you access to a full range of movement with comfort.
- Consider wearing layers as you may warm up during the practice but cool down when in final relaxation towards the end of the class (I always bring blankets to class).
- We practice in bare feet ideally to give a solid foundation for postures by having full contact with the mat.
- When you are in a posture, aim for the feeling of 'alignment' over depth into a posture; The aim of performing asanas is to experience the *feeling* of each posture and this approach will help to avoid any strain or injury.
- If you are unsure of anything or have any questions please do ask me or if your health changes, just let me know.
- It is worth buying your own mat as yoga becomes a regular and useful habit; Owning a mat definitely promotes a feeling of owning the practice, and supports a home practice as yoga practiced little and often helps the body (and mind) to open up and relax more readily.

*My seasonal hatha yoga teacher training (200 hour RYT) included an anatomy module with a particular focus on how our anatomy relates to practicing yoga postures. My training included details on modifications and alternatives for both the postures (asanas) as well as breath control techniques (pranayamas) and I have full yoga teacher insurance.*

**Physical Activity Readiness Questionnaire (PAR-Q):**

*There are many health benefits associated with a regular yoga practice, but I would appreciate you taking 5 minutes to complete the following Physical Activity Readiness Questionnaire (PAR-Q) to enable me to teach and modify postures with your wellbeing in mind.*

1. Has your doctor ever said that you have a bone or joint problem, such as arthritis, that has been aggravated by exercise or might be made worse by exercise?	YES	NO
2. Do you have high blood pressure?	YES	NO
3. Do you have low blood pressure?	YES	NO
4. Do you suffer from Asthma, Diabetes or Epilepsy? If so please specify details below	YES	NO
5. Have you ever felt pain in your chest when exercising?	YES	NO
6. Have you been inactive in the last 12 months?	YES	NO
7. What other type of exercise do you participate in?	YES	NO
8. Are you taking any medication?	YES	NO
9. Are you, or is there any possibility that you might be pregnant?	YES	NO
10. Do you know of any other reason why you should not participate in a yoga practice?	YES	NO
Please provide details below		

Provide further information if relevant \_\_\_\_\_.

**If you answered YES to one or more questions:** I will contact you to discuss, respecting your privacy at all times.

- You take full responsibility for your own health and safety during class.
- If you have any reason to believe you may be at risk, please do check with your GP before taking part in any class.

Your Signature: \_\_\_\_\_

Date: \_\_\_\_\_

Print Name: \_\_\_\_\_

Email Address: \_\_\_\_\_

Mobile Number: \_\_\_\_\_ ICE (In Case of Emergency) Contact details (Name/phone number): \_\_\_\_\_

**Email your completed form back to: jane@indiajaneyoga.co.uk or bring it to class next time  
Any questions or queries? Please call or text Jane on 07733 420214**