

# Yoga classes for all, beginners particularly welcome

**Jules yoga**  
Explore your inner resources

**For classes schedule please visit - [www.julesyoga.co.uk](http://www.julesyoga.co.uk)**

*(Please arrive online 5 minutes prior to class to check location of mat so I can see you, and you can see me.)*

Yoga can tone your body and bring peace to your busy mind. In a **Jules yoga** online class all that is required of you is to concentrate on being in the moment for 70 or 75 minutes. Strength, flexibility and stamina will come with practice as your body and mind absorbs new knowledge and progresses from week to week.

## Your ability today

- Listen to your body and only work at a pace that is right for you. We will always 'work-towards' a posture. If today you are at stage one of a modified posture then that is exactly where you need to be at this time. You are on your own yoga journey, enjoy the ride!
- Be aware of muscles engaging that may not have been used in a specific way for a while; your guide is it's okay to work through a little discomfort, but never attempt to work through pain.
- Your class will include a breathing practice, postures (asanas), and guided relaxation.

## General

- Yoga is practiced barefoot, and wear comfortable clothes in which you can stretch easily.
- Aim to eat at least **two** hours before class, and ensure that you are well hydrated. Your food needs to be digested or forward bends could make you feel quite nauseous.
- Ideally the basic yoga 'equipment' you'll need is a strap, two blocks and a non-slip yoga mat. I can advise of the most cost effective and trusted brands if you need help on deciding.

## Health

- Prior to joining a class you will need to complete a health questionnaire<sup>1</sup> and return to me.
- If you have health issues<sup>2</sup> which may be brought on by sitting or lying on the floor, or when your head is lower than your heart (inversion) then please let me know.
- If in doubt seek medical advice from your doctor as to whether yoga is suitable for you.

<sup>1</sup> You can download the questionnaire at [www.julesyoga.co.uk](http://www.julesyoga.co.uk) - if you can complete, sign and return by email PRIOR to your first class that would be most appreciated. Payment via Jules Yoga 20-49-86 - 63919951

<sup>2</sup> May include: High or low blood pressure, recent surgery, epilepsy, diabetes, asthma, arthritis, ulcers, hernias serious injury or accident, problems with the back, the heart, knees, eyes, ears, mental health.



**About your teacher:** I am a member of and insured to teach by the British Wheel of Yoga which is the governing body for Yoga in England, recognised by the Sports Council.

I have practiced yoga for over 20 years, and in December 2018 I qualified as a BWY Level 4 Diploma Yoga Teacher (500 hours over 3.3 years.) I have been teaching yoga since February 2016. As well as practising a variety of styles of yoga many years, I am a cyclist and freediver. The breathing techniques and relaxation practices I have learned, and taught, through my yoga practice, have improved my freediving breath hold and ability to dive deeper, and for longer.

**To progress your yoga journey and book your class please send an email to [jules@julesyoga.co.uk](mailto:jules@julesyoga.co.uk) or call on **07973 753014**.**