**First of all, WELCOME and THANK YOU for beginning your yoga practice with me. I'm incredibly excited about our 4-week course and I want to give you some important information about our time together. We'll be covering a lot of ground in our practices, so here are some important tips before we begin.**

**MANAGING INJURIES AND MEDICAL CONDITIONS**

If you think you have an injury or medical condition that may affect your practice, you're welcome to let me know before class. I will not be going around the room and asking students if they have injuries. Yoga can be difficult, challenging and awkward but, it shouldn't hurt or trigger an existing injury. As a general rule of thumb, if something hurts during class, it's important to stop and back out of the posture. Then, after class, please let me know if something was problematic and we can take a couple minutes to troubleshoot it. Please remember that I'm not a

medical provider and am not able to treat your injuries. I am a decent problem-solver and can work with you after class to modify postures that are giving you trouble or, find alternative postures.

**ARRIVING AND DEPARTING**

The beginning and end of class are smoother for everyone when all students are present. Life happens, and, sometimes you may need to arrive late or leave early; but, if possible, please arrive a little early and stay until class is over. If you know that you will be late or need to leave early in advance, please let me know. If you arrive after class has begun, please enter class quietly and gather your props after the meditation at the beginning of class.

**WHAT TO WEAR**

You don't need special clothes for yoga. Just wear anything that you feel comfortable exercising in, with an additional layer in case you're cool at the beginning or end of class. We typically practice with bare feet.

**INTENSITY LEVEL**

This course is for beginners. However, no two beginners are the same. Everyone has a different body, level of conditioning, strength, flexibility etc. It is my intention to help you find a level of intensity that works for YOU. You will move plenty in this course, that being said, if you want to move even more intensely than we do in this course, you will have the opportunity to do so for the rest of your journey in yoga (and, this course will lay the groundwork for you to do so); and, for those of you that want to move less intensely, there are plenty of modifications and strategies that I'll provide to help you take it a little easier.

**A FEW ADDITIONAL BASICS BEFORE WE BEGIN:**

-No one is watching you I'm just here to help you. Please don't worry about your lack of experience, flexibility, strength and so on. You're not here for anyone other than yourself and I just want to help you learn and grow.

-Learning takes time, persistence and patience. Be compassionate with yourself.

-Please feel free to ask questions ANYTIME. It's possible that I'll need to keep things moving and opt to answer your question after class. But, please ask!

-Yoga shouldn't hurt. Yes, it can be awkward, challenging, and mildly uncomfortable, however, please stop and back out if you feel acute or intense pain while you're practicing. If this happens, please let me know and we'll spend a few minutes troubleshooting after class.

-Yoga props like blocks, straps and blankets are your friends.

With anticipation for the journey ahead,

Deanna Nihill, MS, YTT-200