

## Welcome to Barrhaven Yoga®

Dear Students,

We would like to welcome you on this incredible journey called yoga! In a short time, you'll realize that you've discovered the most powerful physical development and personal growth instrument on earth. In just a few sessions, you'll start to experience the many benefits of a consistent yoga practice.

At BarrhavenYoga our instructors are dedicated to meeting each individual's needs. Each instructor has been certified to teach and demonstrates the qualifications necessary to be registered with Yoga Alliance. They have completed over 200 hours of comprehensive training in techniques, teaching methodology, anatomy, physiology, yoga philosophy, ethics, and lifestyle. Not only have we taught thousands of students, we're absolutely dedicated to the practice ourselves. We understand what it's like to be a student and will do our best to help you develop a rewarding practice.

Our vision is to promote yoga as part of a holistic lifestyle that contributes to your overall sense of health and well-being. Unlike other forms of exercise, yoga is system of self-care that has a profound influence on the body, mind, and spirit. We cultivate an atmosphere of non-competitiveness and inclusivity and offer classes suitable for people of all ages and levels of ability.

**The following tips and guidelines have been assembled to assist you in developing your practice:**

**Take advantage of the New Student Unlimited Yoga special.** As with anything new, it takes time to learn the 'moves.' In a short time you will feel more relaxed and be better able to focus on your breath. The more you come in the first 30 days, the more you will feel the physical, mental and emotional benefits of this new journey. This also gives you the opportunity to find your "best fit" in a teacher.

**Come to class on an empty stomach.** We recommend leaving 2-3 hours between a meal and class. However, if you find you need a snack, have fruit or something light about an hour before class. You'll quickly learn what works best. Listen to your body.

**Focus on yourself and be as still as possible in the postures.** With practice, your ability to focus and be still will improve. If you're practicing modifications, try to do so in line with what is being taught. It is distracting to everyone in the room to be doing entirely different movements from the rest of the class. If unsure, ask your teacher for an appropriate modification. That's what we're here for!

**Developing a yoga practice is a continuous journey; it is not an overnight process.** If you do your best and attempt the poses as instructed, you will get the same benefits from your practice as a student with a greater degree of flexibility, strength, or balance. Your instructor may, from time to time, suggest a tip that will carry you deeper into a pose. We do this to help, not criticize!

**Every class is different.** And every teacher has a different flair. That's the beauty of the practice! Let go of any preconceived notions and enter each class like it's your first. Don't be discouraged or think something is wrong if you struggle one day. Try to focus less on achieving and more on *being*.

**Arrive a few minutes early.** If you're new, please come 10 minutes early for paperwork. Entering class late or leaving early is disruptive to others and also to your nervous system. Once class has begun, we lock the doors to ensure an atmosphere that supports the introspective nature of the practice.

**Relax at the end of class.** You have stretched muscles, compressed organs, and sent an uncountable amount of information to the nervous system. Allow yourself to integrate these tremendous benefits. This can be the hardest part of the class. Discipline yourself to be still--If you learn to relax on the mat, you'll learn to relax outside of the studio, in your daily life.

**Please leave your cell phone outside the yoga room.** This doesn't mean turn off the ringer. It would be best if you left your mobile phone in the car. Learning to let go for 60 minutes will greatly improve your practice **and** your life.

We look forward to meeting you on the mat!  
Namasté,

Eryn Kirkwood  
Studio Owner and Director