



Guidance for students

The guidelines provided below should enable students to fully benefit from the classes and to find them as personally rewarding as possible.

- Mats and blocks: Yoga practice is normally done on a 'sticky' yoga mat and you will need to have your own. In addition, many of us these days require the support of a 'yoga sitting block'. I have a collection of mats and blocks which new students can use for the first 2 weeks. After this period, students will need to purchase their own mat and block. I hold a stock of new good quality British Wheel of Yoga (BWY) mats and blocks, but you are under no obligation to buy from me. I also stock BWY Mat bags, Bamboo meditation stools.
- Wear loose and comfortable clothing. During practice, shoes and trainers are not worn and it is strongly recommended that practice is done in bare feet. Have a pair of socks handy just in case you get a bit cold in the seated static practices.
- It is important not to get cold while practising so it is advisable to bring a jumper or sweatshirt for the static parts of the practice.
- I would suggest that you try and avoid eating for 1 1/2 hours before the class. If you must eat within that time, then try to make it a very light meal.
- Yoga practice is a matter of individual experience. Please respect this by not talking or disturbing the practice sessions unnecessarily. Obviously, this does not apply to questions. So please ask if you are unclear or uncomfortable.
- Be aware that for yoga to be safe and effective, it must be practised within one's own limits. Thus do not strain or force the body, or perform any exercise that you feel is not appropriate or is painful. Alternatives or modifications to the exercises can usually be suggested to overcome most difficulties, so please don't suffer in silence.
- If you are experiencing any problems that make parts of the practice difficult, please let the teacher know at the start of the class.
- Group classes by their nature can only be general and cannot meet specific needs. Your attention is drawn to the possibility of individual tuition to meet such needs or to develop a personal practice.
- It is recommended that you take at least one individual lesson as this provides an opportunity to meet personally with the teacher and discuss any relevant concerns. This should enhance your experience and practice in the group classes.
- Every effort is made to ensure the practice is balanced and safe, but if in doubt, please ask and do not do anything you feel uncomfortable about.

Car Parking

Gillis Centre, Marchmont: Small car park which you can use. Signs saying you can't park refer to the day time. The car park can be busy sometimes so you may have to park on the street where restrictions stop at 5.30pm. The Gillis has residents as it's a guest house and has other events in the evenings at times.

St Ninian's Church Hall, Corstorphine: Small car park attached. Parking is available in the side streets.

Chris Robinson
Yoga Teacher