

Welcome to Yoga!

Instructor: Susan W. Fenimore, MS, LMBT, CHTP is certified by Yogi Hari's Ashram, Wilton Manors, FL and by Esther Myers' 2-year teachers' training program. The late Esther Myers, from Toronto, is the author of Yoga and You and a yoga video for breast cancer survivors. Esther trained with Vanda Scaravelli who trained with B.K.S. Iyengar. Susan has successfully taught yoga since 1995 and is also a Licensed Massage & Bodywork Therapist, Certified Healing Touch Practitioner and a *Duke trained* Integrative Health Coach and owner of Renew Self in Cary. She also loves animals and has completed Level 2 of Healing Touch for Animals. To find out more information about her services, visit her website at www.renewselfcoaching.com

WHAT SHOULD I WEAR?

Loose, comfortable clothing is recommended such as t-shirts and sweatpants or exercise clothing made out of supplex (cotton and nylon) are also very good choices, because they stretch with the body and enable you to get into some of the postures easier. We will be "working" in bare feet, so please be prepared to remove your shoes at the door. You are welcome to wear socks to keep your feet warm when in relaxation pose, at the end of class. Dressing in layers is recommended to take off or put on as your body temp may change during class.

WHAT SHOULD I BRING?

Please bring your own yoga mat, a towel, a strap and 1-2 foam blocks. If you do not at least have the yoga mat and towel, you are risking injury by the possibility of slipping on the floor and possible damage to knees when body weight is applied. The mat and towel are also designed to help you with the poses. Other optional items are: a **small** pillow for neck/head for relaxation and additional towel(s) that can be rolled to place under ankles, knees, etc. in certain poses for comfort and support. A kit including a mat, 1-2 blocks and a yoga strap can be purchased at places like Dicks Sporting Goods, Bed, Bath & Beyond, TJ Max, Kmart, etc.

HOW DO I PREPARE MYSELF FOR CLASS?

1. Arrive at least 5 minutes before the class to settle in and in consideration of others. If you have to come in late, enter as quietly as possible. Ask Susan how to close door without it making a loud noise.
2. Do not eat a huge meal before class. It's better to practice after the body has had time to digest food.
3. Please turn off cell phones and pagers or do not bring into class.
4. Let your teacher know of any injuries or conditions that might affect your practice.
5. Practice the postures at home every day or every other day, for at least 20 minutes.
6. Please refrain from wearing perfumes as many people are allergic to fragrances.

HOW WILL I BENEFIT FROM REGULAR PRACTICE?

- Improved Posture
- Healthier back (reduces pain caused by weak or tense muscles)
- Improved flexibility, muscle strength and endurance
- Increased body-awareness, which aids in prevention of injuries
- Reduced stress related symptoms
- Balanced emotions through deep breathing/relaxation
- Encourages living in the moment
- Increased energy level and productivity
- Practicing in a class provides a support network

HOW CAN I FULLY BENEFIT DURING CLASS?

1. Be open to the exercises and let go of resistance and tension. At the same time, only work within your current capability. Rest when your body is tired. Your stamina will increase as you practice regularly.
2. Always breathe deeply and continuously throughout the class.
3. Be as careful coming out of the postures as you are going into them. To come out of most postures, you will repeat the movements you used to go into them, in reverse order. Always remember to ground your feet (particularly your heels) before lifting up and out of a posture.
4. In many postures, you keep your legs straight. To prevent yourself from hyper-extending your knees (pushing into the back of your knees and possibly injuring your ligaments) pull up your kneecaps by tightening your front

thigh muscles. Extend the lower back and keep the abdominal muscles firm. However, you may be instructed to bend your knees if you have very tight hamstrings and/or have a back problem.

5. Relax your muscles and never force your body into a stretch. As you extend your limbs, your muscles elongate away from your spine, enabling your joints to move freely.

6. Hold each stretch as long as you can comfortably continue releasing your muscles. At first, this will be only a few seconds, but as you begin to practice regularly the time you hold a stretch/pose will gradually increase.

Additional Guidelines To Keep In Mind...

1. Ask questions if you do not understand my instructions, or cannot hear my voice.
2. Feel free to come out of a pose earlier before instructed if you need to.
3. Ask for a modification of a pose if it is too difficult or you should not be doing a particular pose.
4. I may offer you hands-on assistance; if you do not want it, please let me know.
5. LISTEN TO YOUR BODY AND TREAT IT WITH RESPECT. Do not force any stretch.
6. Learning how to relax takes time. It is a skill that you will develop. Be patient.

BOOKS for Gentle Yoga

Healing Moves: How To Cure, Relieve, and Prevent Common Ailments with Exercise, by Carol Krucoff

Yoga For Depression by Amy Weintraub

Yoga Builds Bones: Easy, Gentle Stretches That Prevent Osteoporosis, by Jan Maddern

Morning Cup of Yoga by Jane Goad Trechsel

Yoga As Medicine: The Yogic Prescription For Health and Healing by Timothy McCall, M.D.

The Yoga of Breath: A Step by Step Guide to Pranayama by Richard Rosen

Mindfulness Yoga: The Awakened Union of Breath, Body, and Mind by Frank Jude Boccio

Insight Yoga, by Sarah Powers

The Breathing Book: Good Health & Vitality Through Essential Breath Work, Donna Farhi

Relax and Renew, by Judith Lasiter

Yoga: The Spirit and Practice of Moving Into Stillness, Erich Schiffmann

Acu-Yoga: The Acupressure Stress Management Book, Michael Reed Gach, Ph.D.

VIDEOS/DVDS

Very easy for beginners or seniors:

Sitting Fit Anytime: Easy and effective Chair Yoga, by Susan Winter Ward

Yoga for Better Health (Lilias Folen)

Gentle Yoga For the Physically Challenged with Margot Kitchen

Easy Yoga For Seniors

Easy to Moderate:

Viniyoga therapy (for upper back, neck and shoulders) with Gary Kraftsow

Viniyoga therapy (for low back, sacrum and hips) with Gary Kraftsow

Viniyoga for Anxiety with Gary Kraftsow

Yoga for Beginners and Yoga for Relaxation with Patricia Walden

Yoga Journal's Yoga For Back Care

AM and PM Yoga for Beginners

For intermediate to Advanced Students:

Total Yoga, by Tracy Rich & Ganga White

Yoga for Mind and Body, with Ali McGraw & Eric Shiffman

Yoga Journal's: Yoga For Strength, Yoga for Energy, Yoga for Meditation, Yoga For Athletes, Yoga for Abs, Yoga for Flexibility (Rodney Yee, Patricia Walden)

Yoga: Breathing & Relaxation with Richard Freeman

Magazines:

Yoga Journal, Yoga International, OM Yoga & Lifestyle, Yoga + Joyful Living.

A good website for yoga supplies is www.yogaaccessories.com

Any questions, feel free to call me at 919-880-4306 or email me at sfenimore@nc.rr.com

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