



AXIS YOGA



Contemporary teaching of a traditional form

www.axisyoga.com

Welcome to your first class with Axis Yoga!

We are committed to ensuring your lessons are rewarding, safe, challenging and fun. As with any other form of physical exercise, there are some common sense guidelines for practicing yoga that will help ensure that you get the most from your classes.

- ◆ Please arrive for class 5-15 minutes before it starts. This ensures we can start promptly and you get the maximum yoga for your money.
- ◆ The yoga that we will practice involves a variety of postures and breathing techniques.
 - ◆ Ideally you should avoid a heavy meal in the hours just before class as it can make you feel queasy.
 - ◆ When we extend tight muscles, it can be uncomfortable. Be sensitive to your body and distinguish between the discomfort of a good stretch, and the pain of pushing too far. Yoga shouldn't hurt.
 - ◆ Our teaching style is progressive. Don't force your body into a position if it is not ready to go.
 - ◆ Some postures may not be suitable if you have an illness or injury, or if you are pregnant. The types of ailments include, but are not limited to:
 - ◆ Neck problems
 - ◆ High or low blood pressure
 - ◆ Slipped disk
 - ◆ Ulcers
 - ◆ Detached retina
 - ◆ You should always consult your GP before starting yoga or any other form of exercise.
 - ◆ Our teachers will be available a quarter of an hour before classes start if you have any issues you would like to discuss in confidence.

I have read the guidelines and to the best of my knowledge there is no reason why I should not participate in classes with Axis Yoga. If my circumstances change, I will consult my GP and/or discuss it with the teacher before I start a class.

Signed _____ Printed _____ Date _____

Would you like us to keep in touch?

By phone: Day _____ Eves _____ Mobile _____

By email: _____

By post: _____

axis \ 'ak-səs\ noun

1 a: a straight line about which a body rotates or may be supposed to rotate **b:** a straight line with respect to which a body or figure is symmetrical **2 a:** the second vertebra of the neck on which the head and first vertebra turn as on a pivot **b:** any of various central, fundamental, or axial parts **3:** a main line of direction, motion, growth, or extension