

# Yoga in your Jocks

## GUIDELINES

**1** Advise the teacher of any medical problems, particularly the back, knees etc and any new medication you're on

**2** Remember to rest between poses and rest when you're tired

**3** Coordinate your movements by breathing through the nose

**4** Practise on a level surface, softened with a firm non-skid mat

**5** When possible, do yoga in minimal clothing at home.

**6** Practice in your comfort zone to your own limitations and capabilities

**7** Yoga is non-competitive

**8** No undue strain on facial muscles, ears or eyes

**9** Feel the stretch — never strain — and relax

**10** Practise after emptying the bowels and bladder and on an empty stomach — an hour after a light meal, four hours after a heavy meal.

**11** Shower before class.

**10** Don't practise after being in the hot sun for several hours

**EQUIPMENT** one to two blankets, belt or necktie, non-skid mat

**REMEMBER: EVERYTHING IN MODERATION**