

Nude Yoga

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 naked.

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