



How to Find the Right Yoga Class

(see other side for "Benefits of Yoga Practice")

We do not recommend learning yoga from books or a video, since it is an individualized, three-dimensional practice. Poses can be helpful or harmful depending upon how they're done.

Step 1: Identify your goals in seeking yoga: stretch, strength, relaxation, stress-reduction, pain management, meditation, self-awareness, or all of the above.

Step 2: Decide how much time and money you want to invest in a yoga class. You should take at least one class per week, plus practice at least one or two times per week (from 15-60 minutes)

Step 3: Find classes that meet your needs by asking friends, searching the web, or other local venues like schools, churches. Note that gym yoga is more exercise than yoga, but might be an acceptable start for some.

Step 4: Once you have identified a couple of potential centers or teachers, feel free to call and talk to a teacher or a center director. Here are some questions to ask:

a. What style/type of classes do you offer? Are there classes focused on beginners?

b. How much experience in yoga does the teacher(s) have? How were they trained? Are they a Registered Yoga Teacher (RYT-registered for competence with the Yoga Alliance)

Books for Information and Inspiration

- Sivananda Center, The Sivananda Companion to Yoga. New York: Simon & Schuster, 1983. ISBN: 0684-87000-2.
- Sparrowe, Linda: The Woman's Book of Yoga & Health. Boston: Shambhala, 2002. ISBN 1570-6247-04.
- Schiffman, Erich: Yoga: The Spirit and Practice of Moving Into Stillness. NY: Pocket Books, 1996. 0671-534-807.

This general information is for educational purposes only. Participation in any exercise class should be preceded by evaluation by your physician. Risk of serious and/or permanent injury without individual adjustment and monitoring.