



GEMINI YOGA BY HEATHER

Welcome to our classes. I am so happy that you decided to explore yoga and selected me as your guide. It is possible that it might be love at first sight, or a gradual, slow, falling in love with yoga. It is also possible, that you might decide yoga is just not for you. Follow your heart the path you choose is what will be right for you at this moment in your life. I am asking that you just open your mind, your heart and take it all in, and get as much possible, out of the practice. I am proud of you for taking the chance to try something new that you aren't familiar with. I would love for you to fall in love with yoga as I have, and have it change your life in the unbelievable way it has changed mine.

Just beginning a yoga practice is difficult. The physical aspect of it can be painful, tiring, and you will feel sore. It is a nice kind of pain though, as it means you are changing your body. The more you commit to your practice the faster those aches and pains will disappear and bring on a more flexible, stronger, healthier body. The meditative part of yoga can also be very challenging. It will take time to learn to sit within yourself and feel the peace of mind meditation brings. Try not to get frustrated and don't give up, it will come.

The reason to come to a yoga practice outside of your home is to build a bond, a community feeling. It feels good to practice with other people. The energy in a yoga room is a fantastic experience. A feeling of people working at their own pace, yet bringing their energy to the whole, and you will feel that energy, and it should give you more strength for your own practice. I ask that you focus on your own practice and mentally stay on your own mat. This practice belongs to you and is to benefit you. No putting yourself down or comparing yourself to others, in a bad comparison OR a good one. If you fall, just pick yourself back up, if you shake or lose your balance just put yourself back right. No bad thoughts, every time you practice it will be different. Just focus on loving yourself and doing the best you can today and you will succeed.

Listening is a big part of yoga. It is important to listen to me, as I instruct you through the asanas, your breath to give you power and strength, your body so as not to cause it harm, and your heart to push you through to the next asana.

Sometimes practicing yoga, an overwhelming feeling of emotion may take over. Our bodies are amazing things and store emotions and feelings in all places in our bodies. Sometimes the asanas and the meditative feeling of the practice can release these emotions. It is okay to have these emotional feelings and just let them out. I hope you do experience this normal yoga experience as it is what made me truly fall in love with yoga.

I hope that I share my practice with you in a way that you too, fall in love with yoga as I have. It truly has changed my life in a wonderful way.

Namaste (my inner spirit bows to yours),

Heather