

## **Kirsty's Frequently Asked Yoga Questions....**

### **Does it matter if I can't touch my toes?**

NO! Yoga is not about touching your toes, I still have trouble touching mine!

The most common concern for anyone trying out any kind of yoga for the first time is they are inflexible and that's great because so am I!

Being flexible is NOT A REQUIREMENT to do Yoga, over time it is one of the results of a regular Yoga practice.

Our aim is that the Yoga practice will suit your individual body not that your body should suit the Yoga practice. There are many ways to modify (adjust) Yoga poses & movements to suit your body the aim of Yoga is to make your body feel good.

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### **What style of Yoga will we be practicing?**

We will be practicing Dru Yoga.

Dru Yoga has its roots in Hatha Yoga and includes classical Yoga Postures (Asanas) flowing graceful sequences, breath work (Pranayama) Mudras (Gestures) positive affirmations & empowering visualisation.

What does Dru mean - Dru comes from the Sanskrit Dhrirava which refers to the stillness that can be experienced in Dru Yoga. In this stillness you are able to sit back from anything that may be happening around you and see and act from a point of clarity & inner calm. Dru Yoga is often referred to as 'Yoga of the heart' as it creates the unique experience of feeling you have come home.

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### **I am unfit / lack stamina, can I still attend?**

YES - No matter what age, shape or size, you will be able to do this style of Yoga.

You won't need to compare yourself with anyone, I never talk about the "Perfect Posture" instead I always encourage many ways to do a Yoga pose depending on your unique ability, the emphasis is on you, FULL STOP.

Event sessions will be tailored and delivered to each individual level.

## **I HAVE A MEDICAL CONDITION I AM CONCERENED ABOUT, WHAT DO I DO?**

Check first with your Doctor that participating in Yoga sessions would be of benefit to you. Once you have booked your place I will contact you with a health questionnaire to complete, you can let me know of any underlying health conditions & if you need to talk further please just get in touch.

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### **What should I wear and what should I bring?**

Wear anything you feel comfortable in that will allow you to have a full range of motion. Bring a jumper or jacket just incase the weather changes, you can practice bare feet or in shoes what ever you feel most comfy. All session will end with a short relaxation so perhaps bring a blanket or shawl to put over you to keep yourself warm, if you wish to be very indulgent bring a pillow to rest your head on!

You can also bring your own chair, this can be a fold away chair, camping chair anything that is easily portable for you, it will give you an option to make make movement and postures easier and you also get to sit down when you feel you have had enough!

Please bring your own bottle of water.

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### **Do I need my own mat?**

If you have a mat please bring it, if not bring a towel to practice on.

If you wish we will have Mat's to hire for £10 deposit for the duration of the sessions, you can take these home to practice in your own time and on the last session hand it back for a full refund.

If you are interested in mat hire, please let me know on your booking form.

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### **YOU HAVEN'T ANSWERED MY QUESTION?!**

Then please get in touch! Email:kirsty@theyogawithin.co.uk or if you prefer phone to talk things through or send me a Whatsapp message: 07783780128 please leave a message if I don't answer and I will get back to you as soon as I can.