



Your Journey Begins...

Welcome and congratulations on taking the next step toward overall health and wellness, designed specifically and entirely for you. *In Yoga* introduces you to the science of your body and mind to better understand how and why traditional yoga, meditation and mindfulness practices (together “Yoga”) restore a natural state of well-being. My goal is to empower you to be the keeper of your own health and wellness. We are each drawn to Yoga for different reasons, and the experience along the way is largely personal and unique. No matter your reason for starting, the journey toward bettering ourselves connects all those who make the decision to get on the mat, or practice Yoga in their everyday life. In this way, with a shared commitment to being our best selves we are all connected. In this way, I feel inclined to say:

Welcome to the family.

Whether your journey with *In Yoga* is two weeks or twenty, it’s sure to open doors and shine new light on the path ahead. Like any new adventure, it’s important to prepare for what may lie ahead.

Before we begin, here are a few expectations and guidelines to keep in mind:

- **Go Easy, Go Slow:** Yoga, unlike other forms of fitness or exercise, is most effective when we give ourselves the space to see what works best for us on any given day. This means allowing ourselves to go slow on the days when we need it, and to push ourselves on the days we feel more apt and energized. Only you know this balance. This too is the practice of yoga.
- **Avoid Pain, Tingling and Numbness:** Practicing yoga involves acknowledging that the body is smarter than we are. The body is equipped with warning signals such as pain, tingling and numbness to let us know when we are pushing too far. Tune into these sensations and befriend them as the key to safety and injury prevention. Only you know when these sensations arise.
- **Trust Your Instincts:** Once again, our body knows best. When practicing physical postures (asana) trust what your body is telling you. If you feel inclined to stay in a posture a few extra breaths then do it. If you notice a twitch or involuntary movement, know it is a release of tension and allow it. If you feel hesitant to try a posture, test your edge but also honor it. Trust that you know best.
- **Be Prepared to Confront Your Edge:** When we learn how to safely identify our edge, we then have the opportunity to challenge ourselves in new ways, mentally and physically. Notice when your mind prompts the idea: “I can’t do this.” Or “this is too hard.” Then, ask yourself, “Why?” Is your safety at risk or are you just uncomfortable? If it’s mental discomfort holding you back, then challenge that boundary. By greeting discomfort with curiosity we create new mental and physical patterns that allow us to do more than we initially thought possible. This is how we grow.
- **Do What You Can On Any Given Day:** Allow yourself to appreciate that every day is different. Rather than beating yourself up that you “should have done more,” appreciate what you are able to do in whatever way that shows up each day. There are many ways to practice yoga on and off the mat. Don’t limit yourself to solely physical postures (asana). On the days when you’re too tired or not feeling up to it, feel free to practice yoga in other ways (i.e. gratitude, meditation, a nourishing meal, being present to a playful moment with loved ones) and feel good that you showed up just the same. Practicing compassion and non-violence toward oneself is also Yoga.

You are ready. You already have all you need. Let the journey begin!

In Yoga,

Amy