

YOUR YOGA SPACE

HATHA • VINYASA • JOURNEY

A GUIDE FOR BEGINNERS

Contents:

Why choose Your Yoga Space?
Are you NEW to yoga?
What to wear?
What to bring?
What is this "Introductory Class"?
What is the "Beginner's Course"?

Why choose Your Yoga Space?

"Cathy is a very warm, encouraging, non-judgmental and friendly person which makes it very easy to relax and feel comfortable in her classes. Her level of professionalism, experience and the fact that she pays attention to each individual in the class gives me confidence as I know that I am in very capable hands. I think the fact that I live quite far away from Cathy's studio but wouldn't consider going anywhere else says a lot about how much I enjoy her classes!" – Michelle Paul

"Excellent! Cathy is clear and precise with instructions...love that she 'connects' to mental aspect of yoga during classes." – Elizebeth Croeser

"Challenging in a friendly, encouraging manner. Patient, FUN!! And always willing to read the mood of the class before commencing with a planned session – a pleasure!" – Maggie Benedict

"I always feel completely comfortable, she lets you move at your own pace without letting you get lazy, everything is explained in way that is easily understood so you end up having a better understanding of how to get into a posture and what each posture is for... have loved every class and always look forward to the next one."
– Lisa Vos

"Cathy is an excellent teacher she knows what she is talking about and takes her time to ensure all poses are done correctly. Thank-you Cathy, for taking me on this journey." – Geraldine McMahan

"Cathy is very professional, yet gentle and understanding. A wonderful person to start your yoga journey with." - Glynis van Dyk

"I had never done yoga before and Cathy was able to help me create interest and love for it. A good mixture of patience, perseverance and humor and the right amount of 'pushing'. She encouraged me to try harder without ever being

YOUR YOGA SPACE

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judgmental. Always creating a calm and relaxed environment where you want to be.” – Marie Ferreira

“Professional but with a casual touch that never leaves one feeling intimidated or inadequate during the class. All students seem comfortable in the class performing to the best of his or her ability without pressure.” – Andrew Logue

Are you NEW to yoga?

- The 1on1 introductory class provides you with all you need to know to begin with your yoga classes and is highly recommended to those who have not done exercise for a long time and those with injuries or ailments.
- We also offer Group Beginner’s Courses, please contact to find out when the next scheduled course is taking place.
- Yoga allows for people of different levels of ability to work in the same environment, side-by-side. With inward focus, yoga students work to their level of ability within the same postures/asanas.
- The studio is a non-judgmental zone. There is no right or wrong. Only safe or dangerous and the instructor ensures safe practice.

What to wear?

- Comfortable clothing that does not restrict movement.
- Clothing that allows you to move without feeling self conscious.
- Women should avoid loose fitting shirts.
- No shoes are required. Yoga is done barefoot.

What to bring?

- Yoga mats can be borrowed or you can bring your own. Mats are also available for purchase at the studio,
- You may wish to bring a small towel to cover the mat, should your hands get sweaty.
- In winter bring a light blanket.
- An open mind

What is this “Introductory Class”?

- This class is one of the many features of Your Yoga Space that sets it apart from gyms and most studios.
- The class provides you with information relevant to your needs and is especially important for individuals with injuries as well as to prevent future injury.
- As we all have different anatomies, different strengths and weaknesses, no one does the postures the same way. In this introductory class Cathy will provide you with essential information for your yoga practice to enhance results and keep you safe on the mat.

YOUR YOGA SPACE

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- The class is essential for those new to yoga or with limited experience. For those with a lot of experience it is not essential but can still benefit them hugely.
- Please contact us to book your session.

What is this Group Beginner's Course?

- This course is held at the studio according to demand.
- Please contact us to find out when the next scheduled course is taking place.
- Well suited to Beginner's (who don't have serious injuries) or those new to yoga to help you cement the basics.

All the best with your yoga journey.

Namaste