

## Preparation for Yoga

The very best time to practice yoga is first thing in the morning before breakfast. Upon waking, empty the bowels, shower if you wish, then commence the day with your regime of yoga practices. The second most conducive time is early evening, around sunset. It is, of course, far better to do something at a time of the day which suits one, rather than to miss out by being too rigid or idealistic.

**Asanas** – yoga postures - may be practiced at any time of day except within 2-3 hours of having eaten. One can do postures when the body feels stiff, tense, tired or hyped-up. Be aware not to do too many over-stimulating postures just before bedtime. Asanas are best practiced first in yoga routine, followed by breathing (Pranayama) and then meditation

**Pranayama**- Pranayama may be practiced at any time of day except within 2-3 hours after meals. It may be done when tense or tired or when space does not allow room for postures. Pranayama is best practiced straight after asanas without breaking the flow of awareness. Pranayama is a necessary pre-requisite for successful meditation.

### Basic Guidelines to follow:

- ❖ It is best is to have fresh air in a quiet and clean place that suits the concentration and awareness yoga will create.
- ❖ Do not practice yoga in direct sunlight or after sun-bathing. Outdoors is OK but you should avoid cold wind and insects.
- ❖ Wear loose comfortable yoga clothing so there is no restriction around the limbs.
- ❖ Work slowly with your body. Respect its limits
- ❖ Be conscientious and concentrate on what you are doing. Keep your mind on feeling what is happening in the body and concentrate on your breath and position
- ❖ Give importance to your breathing. Each exercise has a specific way of breathing
- ❖ There are no age limits either young or old for the practice of yoga. However the application of the techniques will vary according to the abilities of the practitioner. Those with disabilities, severe, acute or chronic medical conditions should consult both with their medical practitioner