FAQ

**Yoga EMBODY WISDOM**  
**Do I have to do the Yoga RELAX class before I can commence the Yoga EMBODY WISDOM Class?**

It is not a prerequisite as such, but if you can do a term of the Yoga RELAX class, it develops a foundation of self-awareness and confidence for this class. Everyone has a different level of self-awareness and ability to self-regulate, so it helps to have a foundation of peace within, coming into a class like this and also the ability to apply Ahimsa ( modify when necessary ).

Everyone is welcome to come and try the class at any time and discuss your needs with Kendra.

**I have tried Yoga classes before but have given up because I was not able to do a lot of the poses because I am so inflexible. I cannot sit cross legged for example. Can you help?**

The emphasis in a Mindfulness practice is to find ease in what is perceived as a difficult pose or stiff body but equally offer yourself options to remain feeling safe.

Firstly, there are many alternatives to traditional yoga postures, and what makes it enjoyable is the ability to adapt to what suits you. The mind learns to be flexible in its approach!

Secondly, it is not about whether or not you can do a posture, it’s finding the experience and staying with it without judgement. There is plenty of time for reflection and change. Take on the challenge...you are most welcome.

**I have just completed a mindfulness course and am looking to continue developing mindfulness. Is this Yoga suitable?**

Yes, there are many people who move on to explore the Yoga EMBODY WISDOM class as they discover it brings the mindfulness practice alive. We are humans who live to move and move to live. The Buddha who developed Mindfulness, wanted us to firstly cultivate the full awareness of Breathing, by returning to the body. This we do over and over. You have something to bring along to the class as well when it is time to share some ideas.