

## Welcome

Welcome to our yoga Classes. You can start classes anytime and on any day of the year. The Classes are for beginners, intermediate or advanced pupils. They cover almost the whole programme. In the beginning, you should simply go slowly and come to class on a regular basis i.e. at least twice a week.

Wear loose, comfortable clothes. It is always better to eat four hours or more before practising yoga. If you are very hungry, eat light food at least two hours before. Keep the bowels empty. A warm shower or bath is fine but avoid using shampoo and oil before the class to prevent muscle cramps.

## Mats

If you do not have your own yoga mat, you can use our studio mats. Come around 05or 10 minutes before class starts.

## Parking

There is all day free parking for customers of Glen Gables. Please drive in, we are at the back of the building of Block A. You could park next to the Studio or at front of Block -A inside the palisades fenced parking lot.



We are at the corner of Lynnwood Rd and January Masilela Drive (Gen Louis Botha Dr) M33. GPS:25.7688463S, 28.2902788E, or click on Google Earth "Fly to" as Sivaya Yoga Studio.



Sivaya Yoga Studio

Ground Floor, Block A  
Glen Gables  
Lynnwood Glen  
Pretoria 0081

Phone: 012 333 3780  
Cell: 082 680 1312  
Fax: 086 754 4665  
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## How to prepare yourself for yoga?

Sivaya Yoga Studio



Yoga the Ultimate Solution

[www.yogafit.co.za](http://www.yogafit.co.za)

Tel: 012 333 3780

Cell: 082 680 1312

## Before the Class

Please be sure to consult with your physician if you have any serious health problems such as neck or back injuries, heart disease, high blood



pressure and recent surgery. In any extreme case, you should get her/his consent before practicing the Yoga postures. If your doctor is not familiar with Yoga, show her/him pictures of the Postures

## During the Class

In all postures (Asanas), the breathing should be done through the nose only and not through the mouth. Your body is unique. Always listen to your body. Never hesitate or feel embarrassed to release the posture in front of others or before the teacher says so. Gradual, relaxed stretching and using the breath (inhaling or exhaling depends on positions in the posture) to reach the posture will always give you better results. Relax as much as possible, do all the postures in slow gradual movements and in a continuous manner. Avoid strain or bouncing

while stretching and never jerk into or out of a posture.

## Detoxification

Yoga detoxifies the body. This will show in physical and psychological symptoms. It is normal, and beginners may experience at different times any or all of the following: headaches, aching muscles, nausea, anger, grief, breathlessness, confusion and tiredness. When the purifying system through yoga is over, you can expect to gain rapidly the physical, healing and mental benefits

## Fees

You have to pay up front before the class starts or after the class, You can decide which option of payment you prefer. A single class costs R120. If you prefer the monthly option, it only costs you R280 and once-off fee of R150 for a membership card. You then have unlimited access to attend classes.



Sorry no credit card facility, payments can be made by Cash, Cash *cheque*, via Electronic funds transfer (EFT) payment, or PayFast.

## Your Monthly Fee Never Increases!

Did you know your monthly fee never changes as long as your active membership continues without breaking a month? Once you stop and come back, again, your membership fee will be

the current increased fee.

Did you know when you join as a yearly member you are saving R72 per month. In other words you are saving R860 per year on your monthly membership fee.

Did you know we generally do retreats during the Easter Holidays and in mid- December at the most affordable cost? It is a very pleasant trip and satisfaction is assured. If there are any questions, you can speak to the people who came to the previous retreats. There are a wide varieties of activities including teambuilding, meditation, Hatha Yoga, hiking, excursions, and enjoying nature on horseback and so forth. Please plan your holidays ahead and book early for your trip

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