



“Yoga therapy is the process of empowering individuals to progress toward improved health and wellbeing through the application of the teachings and practices of Yoga.”  
- International Association of Yoga Therapists (IAYT)

### **What to expect?**

In a typical first yoga therapy session a detailed health questionnaire would have been completed. This includes medical history, current lifestyle and desired objective/s.

Depending on your case, your posture, movement and breath may be observed and any issues and concerns discussed. There will be time for you to experience a restorative yoga pose, sound healing or yoga nidra, all deeply relaxing. The yoga therapist will assess which techniques are appropriate and during your relaxation will create a short daily practice that she will teach you with the aim of you incorporating it in your daily routine until the next session

### **What Yoga Tools may be used?**

Asanas (Posture work), pranayama (breathing techniques), relaxation, visualization, guided meditation, journaling and sound.

### **What are some of the benefits of a private one to one?**

You will have the time and space to express yourself and highlight areas in your life where you need some help in order to feel more centered, calm or energized. It will also be an opportunity to delve deeper into yoga as a daily practice, philosophy and science which will bring more balance, awareness and bliss to your day.

### **How much time should I allow before class?**

We suggest you arrive at least 10-15 minutes before your appointment, in order to give you time to check in at reception, change and generally get ready. If you arrive late, we will not be able to extend your session.

### **What should I wear?**

Dress in comfortable clothing in which you are able to stretch and move freely. Yoga sessions are done barefoot, and shoes are not allowed in the studios. There are racks for shoes outside each studio.

### **Where should I leave my bags and valuables?**

At Samsara, lockers are available in the changing rooms for £1 (returnable). We strongly recommend taking your valuables into the studio. We are not responsible for any loss or damage to items during your treatment, whether or not in lockers.



### **Do you provide equipment?**

Yes. Mats, blocks, bricks, straps, blankets, bolsters and chairs are provided. For those wishing to purchase their own equipment, they can do so at reception.

### **Can I eat before class?**

Like all forms of exercise, yoga is best practiced on an empty stomach. We recommend that you do not eat for at least 2 hours prior to your appointment, though juice, fruit or crackers can be eaten before if you need to maintain your blood sugar levels. We suggest that you drink water prior to your session. If your healthcare professional has given you any different information, please follow their advice and let your yoga therapist know at the beginning of the session.

### **May I keep my mobile phone on in clinic?**

Yoga places a great emphasis on concentration and inner stillness and there will be other classes and students at the centre. Mobile phones must be switched off or completely silenced at all times (including in changing rooms and the reception area). This includes turning off any vibration mode.

**Please also talk quietly, especially near the studios and therapy room.**

### **I'm under 18 years old, can I come to clinic?**

Our yoga therapy sessions are geared toward treatment of adults and older adolescents, If you are between 16-18 years of age and would like to come to any classes/workshops, you need to be accompanied by an over 18's adult.