



GENERAL CLASS INFORMATION & TEACHER BIO

**** Day 1 of a class series -** Allow yourself some extra time to find parking (either behind ACE hardware or on the main street and the entrance is at the back of the building). I will post a sign on the door and it will be unlocked, just come up the stairs. We will attempt to be punctual with our class start time. There is quite a bit of housekeeping to do on Day-One, but it is our goal to be as punctual as possible regardless. I will be accepting payments at the start of class by cash, cheque or e-transfer and you can let me know if you need a receipt.

WHAT TO BRING

- **Yoga Mat**
- **Water bottle**

Optional (I will have some of these props but if you have your own and want to bring them by all means! This is your class and I want you as comfortable as possible)

- **Yoga Blocks**
- **Small Blanket**
- **Yoga strap**

INSTRUCTIONS/SUGGESTIONS

- Yoga is traditionally practiced barefoot. Also, being barefoot allows you to ground down and grip your mat. In this yoga class we will be working on a variety of different standing postures that require bare feet. I do believe it is a safety concern to wear socks while practicing yoga so, I am going to insist on bare happy feet. If you are uncomfortable for any reason with being barefoot let me know and you can purchase from me or from Amazon before the start of class some yoga toe grip socks.
- It is also recommended that you avoid eating a meal right before practicing yoga as there are lots of twists, backbends or forward bends that can apply pressure to the digestive organs. That being said, practicing yoga can/should activate the parasympathetic nervous system (rest & digest

impulses) so, you may feel very hungry after class. From my personal experience, it is nice to have a snack with you for the ride home. (fruit or granola bars are great!)

- Please wear comfortable clothing with plenty of stretch!
- It is also recommended that you arrive about 10 minutes before the start of class so that you have time to set up your mat, relax and settle in.

BENEFITS OF YOGA

- Increased flexibility
- Improved muscle tone
- Weight loss/management
- Stress relief
- Improved balance & posture
- Improved cardiovascular conditioning (BETTER BREATHING)
- Greater Energy & Vitality

QUESTIONS/SUGGESTIONS/COMMENTS

I have an open door policy with all of my students! If you have any questions or concerns about the class or yoga please do not hesitate to approach and ask! If you have any questions about a posture during class don't hesitate to speak up! Yoga is a chance to explore and have fun and asking questions is part of that! You can also email me, or add me on Facebook or Instagram; I am active on both!

TEACHER BIO & TRAINING

My name is Marsha Ellis. I have been practicing yoga for 10 years now! I completed my teacher training with Hot Yoga Wellness in Toronto in 2011. I am a (RYT200hr) Registered Yoga Teacher with the Canadian Yoga Alliance as of this year 2017! And I recently completed (March-April 2017) additional training in pre and post natal yoga and chair yoga for seniors at the Toronto Yoga Conference. I also have my Hons. BA (summa cum laude) and MA from York University in legal studies (focusing mainly on human rights and Canadian Constitutional law). I currently live on a dairy farm in Grand Valley, Ontario where my husband and I run a farm and raise our two young sons, Ross and Theodore.

LEGAL LIABILITY

Before the start of the first class, everyone will sign the standard waiver. I want to remind everyone that it is important and your responsibility to talk to your doctor before the start of any exercise routine. The form is attached to this email if you want to print, fill out and sign the form in advance of the start of class, that will make it more relaxing on the first day for you. OR I will have waivers printed for you to sign!

- There is a risk assessment section where you can check off any of the listed health considerations
- Basically, just please inform me of any health issues that would affect your ability to fully participate. I do believe that yoga is for everyone, however, certain health considerations call for modifications to be made and it is great to know some of these in advance so that I can be prepared to assist!
- There is also the waiver of legal liability, which releases me from legal responsibility **should you injury yourself** during our class.
- Also, you should know that I keep all personal information confidential.

The main thing to remember throughout the class is that all the postures are really just suggestions. You should ALWAYS listen to your body and respect your body's limits as they may be different on any given day. Yoga is a balance of ease and effort and at any time during the class you can rest (in child's pose or another restorative posture). Yoga should also be a restorative practice; you do not need to feel pressured to 'keep up' to the class. Go at your own pace!

ALSO know that YOU are your best teacher! You are the expert of your body!

I am looking forward to practicing yoga with all. Namaste!

Marsha