



Wholehearted Yoga Guidelines

- *Before beginning any exercise program, consult with your trusted healthcare provider.
- *You are the expert about yourself. Respect your capabilities and limitations.
- *Inform your instructor about any health issues which may affect your practice.
- *LISTEN TO YOUR BODY. Modify postures to suit your body's needs.
- *Yoga should not be painful. If you experience pain, STOP.
- *Remember, it's a yoga *practice*. Aim for progress, not perfection.
- *If you need to rest, it is okay. Feel free to come to Child's Pose or Easy Pose at any time.
- *Most of the postures in kundalini yoga are practiced with the eyes closed and focused at the Third-Eye (brow point).
- *For women: Avoid all Inversions and Breath of Fire for at least the first three days of your Moon Cycle. If you experience heavy menstruation, refrain from these practices longer. Some women find they can do a light Breath of Fire during their Moon Cycles without any problems.