

GETTING STARTED

WiseWays Yoga—The WiseWays Work

All instructors train with Michele Mangione, Ph.D, Somatics, E-RYT 500

Begin with a Yin or EasyFlow Yoga class.

Information for your safety and enjoyment, and for group harmony.

More than just great physical exercise, Yoga is an inward, personal journey. For many it brings re-connection and renewal. We hope you benefit from, and enjoy, your journey with WiseWays yoga.

Before your first class

- Complete and turn-in the Intake / Health Survey / Release form. Available at the studio or off the website.
- Purchase your Single Session, Pass or Membership—at the studio or off the website.
- Tell the teacher you are new—we will take care of you.

Bring to every class

- a yoga mat and something to sit on: meditation cushion, folded, thick towel or blanket. We have extras to get you started if need be.
- Multiple layers—a sweater or other covering
- Options: a water bottle; eye covers; own yoga strap if you do not want to use the community props; any extras for personalizing your comfort

What to Wear?

- Wear loose comfortable clothing; and wear, or bring layers.
- No belts; minimize jewelry.
- Do not wear footed tights or nylons. Standing work is barefooted.
- **Do Not Wear Perfumes or Colognes**

BEFORE EACH SESSION

- Arrive 10-15 minutes early in order to settle in before the start.
- Do not leave valuables unattended take them with you into the classroom or lock them in your vehicle.
- Turn off your cell phone.
- Take out chewing gum.
- Remove your shoes.

The WiseWays style of yoga is especially designed and modified for safety. Furthermore, natural individual differences are understood by our knowledgeable instructors who help you find your best alignment, variations and practice. **For the safest and most beneficial experience follow the guidelines below.**

- Eat lightly or not at all before yoga.
- Empty your bladder before class.
- Respect your body—pain and discomfort are signals to back off or stop.
- Do not push; every-body is unique, opening and releasing in its own time and way.
- Listen to your teacher's suggestions.
- Communicate with your instructor. Ask questions and give feedback.
- If you are not enjoying your yoga you are not doing yoga. Have fun!

CAUTIONS

At WiseWays we do only the safest inversions. However, if you feel pressure, pounding, heat, etc. in your head during an inverted posture (when head is lower than heart) come out of it quickly, but slow enough to prevent dizziness. These sensations may indicate uncontrolled high blood pressure; if so, avoid inversions. Other conditions may also require caution with inversions—see below.

Women: When on your period avoid inverted postures especially for a long time and when you have a heavy flow. Do modified versions instead. Better yet, skip yoga class on the days of your heavy flow. If pregnant—contact us for important prenatal yoga safety information.

Certain pain medications desensitize your body; be extra careful.

Specific Conditions

- Be careful or avoid inversions if you have any heart challenges, uncontrolled high blood pressure or glaucoma. (See inversions.)
- If you have any disc or spine problems: do twists with great awareness and care — or avoid.
- If you have had surgery within the past three months avoid intense stretching.
- With rheumatoid arthritis do not over work/over heat.
- We use pure natural essential plant oils in the classes with the hand lotion for self-massage. If you are allergic to a specific plant you will also be to its essential oils. If concerned, and the teacher does not announce the essential oils, ask.

ATTENDANCE

We have an integrated yoga program at WiseWays: all classes follow a similar format and the themes and basic material are coordinated. All the teachers work together. This means any session you attend, even with different teachers, class types, and/or class times, will be familiar and comfortable.

With our ongoing program of drop-in sessions you may attend any yoga class of your choosing, at your level or below, as many or as few times a week as you desire. Classes in the ongoing program are self-contained and will make sense no matter when you attend.

The classes have different levels of physical intensity from slower and easier to more challenging.

If you are new to WiseWays begin with Yin Yoga or EasyFlow. After taking several EasyFlow sessions you may enjoy the Empower class. See class descriptions and schedule for more information.

Over time participate in a variety of WiseWays classes and workshops for the unique focus and benefits each offers.

*Your Pass or Membership includes more than the yoga classes
--enjoy Tai Chi!*

Welcome to WiseWays!

Michele Mangione Director, E-RYT 500