**General Guidelines**

1. Listen to your body – take breaks as needed
2. Try not to eat right before class
3. Bring water
4. Notify the teacher about:
   1. Injuries, Recent Surgery, Medical Conditions

**Specific Guidance for Woman**

1. If you’re on your moon cycle:
   1. Skip Breath of Fire or do it very lightly
   2. Be cautious when doing abdominal work
   3. Avoid Inversions
2. Notify the teacher if you are pregnant