**Kundalini Yoga Basics**

**Do’s & Don’ts**

Do’s:

1. Drink water before, during and after yoga class
2. Bring a floor mat, pillow or blanket
3. Bring a light blanket to cover yourself for deep relaxation
4. Yoga is done bare-foot, but if your feet tend to get cold, keep them on.
5. Do your best in following the class but don’t be concerned about your flexibility or knowing the words of the mantra being chanted. It will come with time and patience.

Recommendations:

1. Wear light coloured clothing of natural fiber.
2. Consider covering the head with a head cover.

Don’ts:

1. Do not eat a heavy meal 2 hours before class
2. Do not push yourself overly hard during the exercises
3. Keep questions till the end of class
4. Don’t judge your first Kundalini Yoga experience after the first class – each class is different and your impressions and experience will vary with each visit