

# Q&A

## Question:

What should I expect from a personalised Yoga class/Yoga Therapy?

## Answer:

The first occasion starts with the initial assessment. This process generally takes about 30-45 minutes and consists of the following:

1. Ayurvedic Dosha questionnaire - identifying your unique constitution, your Dosha
2. Ayurvedic imbalance questionnaire - finding any current imbalances in the Doshas
3. Client Registration and Information - discussing any past and present medical conditions, ailments, any injuries, aches and pains, eating/sleeping/exercise habits, disturbances
4. Client Assessment - observing the structure and alignment of the body

The initial assessment is followed by a short class of 30-45 minutes consisting of breathing exercises, postures and meditation.

Based on the assessment the outline of the therapy is born. The therapy may include breathing exercises, series of postures, mudras (specific hand gestures and positions acting as “seals” to guide energy flow), mantras (powerful sound or vibration that can be used to enter a deep state of meditation), concentration exercises, meditations, daily routine recommendations and Ayurvedic cleansing practices. When learning the postures emphasis is placed on proper breathing and alignment. To ensure this initially props such as blankets, yoga belts, bricks and bolsters may be used.

Then on classes range from 60-90minutes depending on the therapy applied.