

## Advice for Starting a Yoga Practice

- Breathe smoothly through the nose
- Learn the basic postures slowly
- Never force or push yourself into any posture
- After your practice always allow for ten minutes of rest. This will remove any fatigue.
- Practice on an empty stomach.
- The benefits of yoga only come through regular practice. Consistency is everything.
- As a beginner, make the commitment to practice at least 3 times per week.
- Keep your attitude to your practice light and take your time

## When not to Practice

Ashtanga yoga should not be practiced during the first three months of pregnancy. Only those with Ashtanga experience should practice during the later trimesters. If you are new to yoga, seek out a specific prenatal yoga class.

Women should take three days rest during menstruation.

Do not practice if you have a fever.

Take a rest day after ever six practice days. New moon and full moon days are also taken as rest days.

## About Moon Days

Like all things of a watery nature (human beings are about 70% water), we are affected by the phases of the moon.

The full moon energy corresponds to the end of inhalation when the force of prana is greatest. This is an expansive, upward moving force that makes us feel energetic and emotional, but not well grounded.

The new moon energy corresponds to the end of exhalation when the force of apana is greatest. Apana is a contracting, downward moving force that makes us feel calm and grounded, but dense and disinclined towards physical exertion.

Practicing Ashtanga Yoga over time makes us more attuned to natural cycles. Observing moon days is one way to recognize and honor the rhythms of nature so we can live in greater harmony with it. (written by Tim Miller)

[\(link to moon day pdf\)](#)