

Welcome to Abbyssan Yoga & Wellness Center!

Dear All Members,

Abbyssan YOGA & Wellness Center, established in September 2007 in Bang Tao has been offering ultimate combination of exercises, the meditation and a variety of yoga styles. The new center will be opening in August; in Town at West Chaofa Rd. near central festival will also embody the concept of "Wellness". Many group exercise classes will be offered each week along with Yoga, STOTT PILATES™, Aerobics and much more!

The **instructors and staff** would like to welcome you on your new journey toward developing your yoga practice. With continued practice it will be self evident that you have discovered the most powerful physical development and personal growth instrument on earth. In your first few classes you will begin to realize many of the countless benefits of a consistent practice.

At Abbyssan Yoga our instructors are dedicated to seeing each individual develop their practice. Each instructor and Doctor has been certified to teach yoga, they have completed comprehensive training in techniques, teaching methodology, anatomy, physiology, yoga philosophy, ethics and lifestyle. Not only have our instructors taught thousands of students, they are dedicated students themselves. They understand what it is like to be a student and will assist you in your journey toward a rewarding and fulfilling practice. Any of instructors are available to assist you personally with a private lesson and our commitment to your success and to keep you motivated through the ups and downs of your new practice.

Unlike other forms of exercise, yoga is an entire system of self-care that addresses the mind, body and spirit. There is no competition in yoga, especially with yourself; it is important to be aware that this is YOUR practice and YOUR time, you need only be present in the moment and the motion, surrender to the passage of time in this sacred space; accept yourself, breathe in love and joy.

The following tips and guidelines have been assembled to assist you in developing your practice:

Take full advantage of your first 10 days:

After your first class try to return the next day, your first class will awaken your body and returning quickly will allow you to practice with an open and receptive body. Most students find their second class to be much easier than their first. As you become familiar with the postures you will be much more relaxed and easy in your practice, for this reason try to come at least 4 or 5 times in your first 10 days. The more you come in the first 10 days the more you will feel the physical, mental and emotional benefits of your new journey.

Be fully hydrated and replace your electrolytes:

Drink at least 2-3 liters of water each day throughout the day in addition to replacing the water you lose during class. A good rule is to drink an additional 2.5 liters in a short period after class. There are pauses in class where you will be able to drink water but if you start class dehydrated it is impossible to catch up. The perspiration you have during any exercise program will cause small amounts of electrolytes – the electrically charged minerals sodium, potassium, chloride, and magnesium – to be lost from the body along with water. Losses are greatest in beginners; training improves electrolyte retention. If you notice that you are feeling over-tired or getting a headache during or after class then try taking an electrolyte supplement.

Come to class on an empty stomach:

Most people find that they need to leave 2-3 hours between their meal and class. However, if you find you need a snack try a piece of fruit or something light about an hour before class, with time you will discover for yourself what is best.

Be aware of the breath:

If you cannot breathe deeply and smoothly, ease your position in the pose - remember that there is no competition in this space, surrender to your body and breath. When you are preparing to move into a pose, be aware of your body, take the shape of the pose, delight in the forms your body takes, and luxuriate in the feeling of natural movement. Follow modified version of the poses if needed in order to maintain proper alignment and ease the breath. Resist the urge to push further than the body wants to go, your body will move you deeper into the practice when it is ready.

Focus on yourself and be as still as possible between postures:

With practice your ability to focus and be still will improve. This will advance your yoga practice tremendously and reduce your struggle physically and mentally. Extra movements waste energy and take you out of your practice.

Learn to be comfortable with perspiration:

Wiping sweat is distracting to your practice and to the stillness of the entire class. Removing perspiration also GREATLY increases your water loss during the class. Perspiration is normal & you will adjust to the sensation of having it on your body.

Be aware that your actions affect everyone:

Although you should be focusing solely on your individual practice, you should also be aware that the entire energy of the room is dependent upon your participation. Your stillness, focus, and thoughts affect everyone. If you notice someone struggling or lacking focus, then don't allow your practice to be disturbed. In doing so you will help them to develop the focus you demonstrate. Getting frustrated with yourself or others is contrary to developing your yoga practice.

Please stay in the Practice room (Yoga/Pilates/Aerobics) for entire duration of the class:

While it is tempting to think about the cool air on the other side of the door, it is better for you if you stay in the practice room. If you feel light-headed or nauseous, then please sit or lie down. There is nothing wrong with missing a posture while your light-headedness or nausea subsides. If you absolutely must leave the room do so quietly and respectfully, and please return as soon as possible.

Developing a yoga practice is a continuous journey; it is not an overnight process:

No one is going to judge you or criticize you. Other students are too focused on themselves to notice you. As long as you give your best effort, and attempt all the poses as instructed, you will get as much benefit out of your practice as a student doing the same posture with a greater degree of flexibility, strength and balance. Your instructor may, from time to time, and always in a respectful and supportive manner, offer a suggestion or an adjustment that will carry you deeper into a posture.

Every class is different:

Let go of any preconceived notions and enter each class like it is your first class. Your body is different every day, and it is normal for the class or certain postures to be easy one day and difficult the next. Please do not be discouraged and think that something is wrong if you have a difficult class. Often your best class will be followed by your worst and vice-versa.

Emotions, Unusual experiences and sensations from your practice are normal:

You may feel angry or happy and even laugh or cry in class sometimes. Nothing is wrong and the emotions will soon release from the body and soon you will discover that the body, mind and emotions are connected. By entering the body through yoga you may find that you stir up strong emotions. Many people experience flashes of light, electrical impulses, or unusual body sensation in certain postures. These are all normal too. Old injuries may also re-emerge as aches or dull pain as you are working through those injured areas. This is part of the healing process, and if you learn to listen to your body you will quickly be able to distinguish between the pain of re-injury and the sensation of stretching. Overcoming fear is a milestone that everyone must face as they develop their yoga practice. If you have been sick then take it easy your first class back as it is very normal to feel nauseous and dizzy when you are recovering from being sick especially when you are on medication. Your first class back should be approached slowly; with no rush or push. (Always check with your doctor if you have medical concerns.)

Arrive a few minutes early and stay for the entire class:

Entering class constantly late or leaving before class is over, is very disruptive and disrespectful to others and also to your nervous system. If you do arrive a few minutes late, take a breath and enter the room slowly and quietly and find available mat in the room that is respectful to others.

Relax at the end of class:

Learn to completely relax at the end of your practice. Final relaxation is a critical part of your practice. You have stretched muscles, compressed organs, and sent an uncountable amount of information to the nervous system. Allow the body to recover and the nervous system to integrate the information it has received. If you learn to relax after class you will also learn to relax outside the studio.

Never bring your mobile phone into the yoga room:

This doesn't mean turn off the ringer, because sooner or later you will forget. It would be best if you leave your mobile phone in the car or locker. If you can't be out of touch for 60-90 minutes this is indicative of an imbalance in your life. Learning to let go for 60-90 minutes will greatly improve your practice and your life.

See you in the studio
