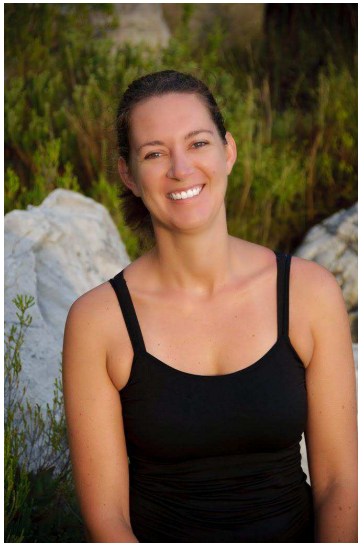




YOGA AWAKENING AFRICA
Learn it · Love it · Live it

Welcome to Yoga with Nina and her team here at the Yoga Awakening Africa Studio in Tokai!



If you are a first timer to yoga, then taking the time to make that first enquiry was probably pretty daunting and stressful (if you're like me, it was probably on your to-do-list for a couple of weeks... okay who am I kidding, probably a couple of months!!!)

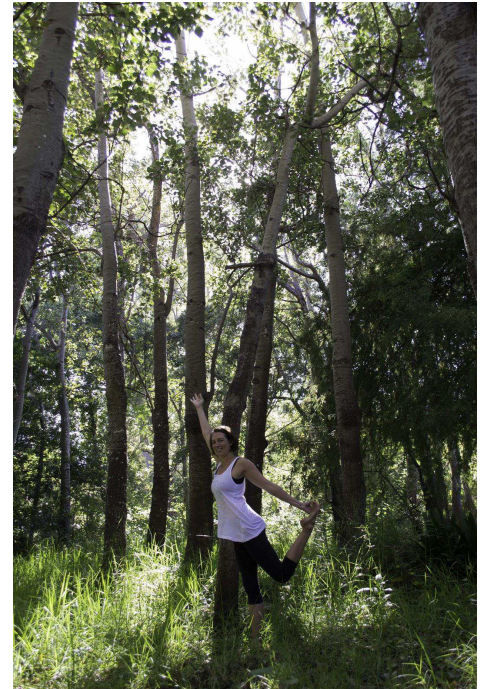
Anyhow, no worries about that now, the point is that you're here now and that is **FANTASTIC!**

So this little letter is here to make the next part a lot easier for you. It's everything you need to know about yoga, the studio and more.

Firstly, the studio is a relaxed place. The other students are all absolutely awesome and really nice and we have a lot of fun in class. Don't get me wrong, it's not a tea-party and it's not a spiritually pretentious place. Me

and my team, we are totally serious about our yoga, our practice, the yogic teachings and philosophy and most importantly the wellbeing of all the students - but that doesn't mean it can't be done with a smile and some light hearted jokes at the same time. Because of this warm and happy feeling created by everyone in the class, new students find it really easy to slip into a class and join in the fun.

Secondly, arriving seems a little... umm... let's say peculiar. The entrance to the studio is via the far right garage door. We generally open the garage door 10-15 minutes before class. After walking through the garage, you walk down quite a few steps to the start of the garden where you will find the little yoga studio on the left. When you get to this point, you'll



realise that the “*um, do-I-really-want-to-be-here*” feeling goes away and you enjoy the gorgeous garden view.

Thirdly, after your stressful adventure down to the studio you’ll find our little sanctuary. The studio is kitted out with everything that you might need. We have mats, blocks, pillows, eye bags, blankets etc. So there is no need to worry about going out and buying a mat or the latest fancy-schmancy yoga gear. Come as you are. Wear anything comfortable (like the stuff you hang out in when mooching around the house on your day off), bring socks and a jersey in winter and clean feet in summer - we do yoga barefoot.

Fourthly, we do have a few rules that are of importance to us:

- I ask students to be considerate of our neighbours and to only park on our lawn (number 14 Dalmore) or up Myrtle Road.
- To please take your shoes off at the door.
- To please be on time and to stay for the duration of the whole class.
- To let the teacher know of any new ailments or injuries each week.
- To please complete a registration form and to read the studio guidelines.

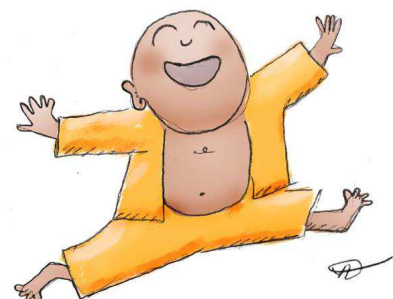
And Finally, if you are using the excuse that you first need to loose a bit more weight or that you’re not flexible enough or that you’re not fit enough or that you’re too stressed or too anxious or... or... or... then please realise that those are all just excuses... and that yoga will help with all of the above, you just need to show up! The type of yoga we teach is gentle and for all body types, we don’t do any “rock-star” yoga like you see in books and posters - so no, you won’t be balancing on one hand or your head any time soon. I don’t even do that crazy stuff myself and I’ve been teaching yoga for over 17 years now!!! We do yoga for real people, who have real bodies with real aches and pains. People who want to do yoga to ease discomfort, to ease tension and anxiety, to destress and to take an hour out of their day to connect with themselves and to connect with something more than themselves. Yoga is a beautiful practice and I’m sure you’ll love it!

So if you are still not convinced that this will be a fun adventure and journey to embark on, then bring along a friend, your partner or someone brave, it always helps.

We look forward to meeting you on the mat, no excuses!

Namaste (the divine in me honours the divine in you)

Nina and the whole YAA Team



Be brave. Take risks.
Nothing can substitute experience.
- Paulo Coelho

