

Tips to Prepare & FAQ

- Download [Zoom here](#) and create a free account to become familiar with it beforehand. Not essential as **Zoom** will automatically **download** when you join your first meeting.
- Arrange a place where you can either sit cross-legged on the floor, or on a straight backed chair in front of your computer for the class. Be comfortable. Use blankets or cushions. We will end with a relaxation so try to have some space to lie down on your back.
- Please don't eat beforehand. Warm liquids are OK about 30 minutes beforehand. Wash hands well before class as we will be touching our noses.
- If you know neti (cleansing the nasal cavities) please do it before the class. If you do not know neti simply wash your nasal cavities out with warm water to enable you to breathe more freely.
- [Watch \(and download\) this video](#) we made for focusing the mind, warming up the body and boosting the immune system. Please try to do these before the class. Do them daily.

Please read: We have been slowly working towards this group since the corona virus pandemic began. Caution is well advised since this is deep-reaching practice. This course assumes that you are in relatively good health, have a pretty “pure” lifestyle and don’t imbibe or over imbibe any of the well known not-so-goods for pranayama like nicotine, alcohol, or narcotics, that you have a basically healthy and nutritious diet and do some form of regular exercise as well as breathing exercises. It is not going to be difficult but I just want to be clear about the practice. It is on Zoom and I am not able to easily see everyone at all. Plus everyone is so so different. If you have any questions please [email](#) me beforehand. It will be good to have a small lamp if you can in front of you—ghee lamp best, vegetable oil lamp next best, candle ok—or just a spot you can concentrate your eyes on during some of the exercises.

One question that is starting to come up is “What should I do on a daily basis since now I have learned various techniques?”. This becomes a personal matter since everyone is different, but general guidelines will be given.

Remember that after a while the the practice of hathayoga shows you the direction to head in as you keep at it on a regular basis. It is extremely important that you take responsibility for your own practice, being careful to work with a pace and countings that are comfortable for you personally. During class, if you feel lightheaded or stressed, please stop the activity and take a few calm centering breaths before rejoining the group practice, modifying as needed.

Regularity is the key.