

Dear Student,

Welcome.....

Thank you for coming to class and a warm welcome to you from the Knoff Yoga School. I hope you enjoyed your first class and trust we fulfilled your expectations. If we have not, we would very much appreciate your feed-back as to what we could have done better.

As you probably noticed, yoga is challenging, both mentally and physically. It is almost like learning a new language and how to dance at the same time. Studying anything new involves a 'learning curve' and this can be intimidating, but if you persevere and remain committed to improving your health and wellbeing, we can guarantee that the fruits of your effort will provide benefits for many years to come.

It depends upon the individual, but after a few months of regular practice, most students notice that they:

- are stronger
- more flexible
- more toned
- have better balance
- have more energy
- feel calmer
- are less anxious
- are more aware
- are happier

Often after a few months of practice, students tend to forget 'where' they started from, so I encourage you to answer the following questions and then to review your progress every three months:

- What was my physical, mental and emotional condition when I came to my first class?
- How have I changed physically, mentally, and emotionally?
- What do I need to do to maintain my progress and growth?
- What are my goals for the next three months?

Your teacher will be happy to discuss any questions you may have and to assist you with your progress and growth.

Often the most difficult part of being a student is simply getting to class. There will always be 'good' excuses and distractions for not coming, but the effort delivers a big pay off. In over 40 years of teaching I have never encountered a student who made it to class and regretted it. Our mantra is: never too busy, never too tired, never too stressed, never too hungry, never too advanced, to come to class!

My recommendation to all students is to practice slowly and gently, without strain, adjusting day-to-day according to energy levels and not being concerned at all with what you can or can't do. It is important to work at your own pace and not attempt any comparisons with your fellow students. You are unique and yoga will help you express your own individuality.

We would very much appreciate it if you would let your like-minded family, friends and colleagues know about our yoga school and place some of our brochures and workshop flyers on your local notice boards.

Please let us know if you are not receiving the Knoff Yoga e-Newsletter. This is sent out at the beginning of each month and has informative articles about yoga as well as keeping you up to date with the happenings at the yoga school.

I am attaching our 'Intention for Practice' and encourage you to study it until it has been memorized. Also attached is the article '12 Good Reasons for Doing Sun Salutations, a great encouragement to make this a daily practice.

I look forward to seeing you at the Knoff Yoga School regularly and wish you well on the path of Yoga.

Namaste

Nicky Knoff E.R.Y.T. 500 (Founder and Master Teacher)

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