

FAQ Yoga RELAX

Is this class suitable for beginners?

Yes it is suitable for a beginner and has been designed to restore mind body awareness, in a safe supportive, professional environment.

I am recovering from a knee injury, is it suitable for me?

Yes, nothing could be more suitable. Yoga RELAX Restorative classes give you the time to tune into your own body awareness. Knees love individual attention, and Kendra will assist you with adapting certain movements that remain comfortable and appropriate. It's up to you to find the balance that's right for your knee.

Sometimes others have found it beneficial to have a personal consultation with Kendra first before joining a group to build self-confidence.

I have high blood pressure and have heard that I shouldn't do certain postures. Is that correct?

Most of the Yoga RELAX Restorative class is done on the floor where the heart gets a rest. We also practice gentle inversions where the head is slightly lower than the heart that helps the baroreceptors stabilize the blood pressure. Studies have shown that a regular yoga practice can help normalize blood pressure. Before you commence your practice Kendra will discuss your medical history and advice you along the way how to adapt to certain postures if needed.

I just find this class time suits me well as my child is starting preschool and I want to some time for myself again. Is this class appropriate for me?

It's perfect. What better way to commence the busy week, than spend some nurturing time for yourself, gaining insights along the way!

I suffer from depression and anxiety; do you think this class is suitable for me?

Yes, mental health is Kendra's main emphasis. By developing what we call an 'observing self', we develop an understanding that thoughts are energy moving through us, just like nerves or blood. Feelings are similar and have time to be felt and let go of. The aim in yoga is to still the fluctuations of the mind, and in doing so, fear, grief, or whatever is there is allowed the space to be. Let me stress that Yoga is not a cure for anxiety or depression, but offers an understanding of the self.