

## Curvy Yoga® Series Information

Curvy Yoga was created by yoga teacher Anna Guest-Jelley, as a form of instruction to support larger bodies, bodies who may not have felt welcome in traditional yoga spaces, bodies that did not look like the skinny, usually white, bendy person leading the yoga class. It is a certification that is on top of the standard 200-hour yoga teacher training.

While the language I use for instruction is specific to people in larger bodies, all bodies are welcome in my class. If something I am saying does not pertain to your body, feel free to ignore the words.

Different yoga teachers interpret Curvy Yoga differently. My application of Anna's method has changed in the nine years since my certification, reflecting knowledge gained from a two-year Yoga Therapy certification, and my former life working in community mental health and elementary and middle school education, and informed by my own experience of a spinal cord injury, which has only strengthened my resolve that all bodies can do yoga, and yoga instruction must be made accessible to all.

As we use our yoga toward greater acceptance of the bodies we have today, this class is a "diet-free zone" (we don't talk about weight lost or gained, calories burned, cleanses, "clean-eating," or any other examples from society's weight loss industry). As we turn our attention inward, we work on quieting the inner critic, and celebrating what our bodies are able to do, rather than focusing on what we wish they could do. Let your class be an opportunity to focus your attention on your body: how it moves, how it feels, what it needs.

You are the expert on your own body, and you should never do anything that doesn't feel safe. Discomfort may be part of the practice, as you use muscles that you may not have used regularly. Building our tolerance for uncomfortable moments is a good life exercise to practice on the mat. But it is up to you to notice the difference between pain and sensation, and to come out of a pose when you need to. If I haven't offered a variation to support a specific issue your body is having, there will be time at the end of each class to talk about the practice, and brainstorm modifications that would be better suited for your needs.

General yoga information: It is recommended that you practice on an empty stomach if that is possible. If you want to eat before class, try to eat a light meal, at least several hours before class starts, to avoid stomach upset, or indigestion symptoms. This is only a recommendation. Please listen to your own body and its needs. Hydration is important.

**Please make sure that I can see you when you are sitting down and also during standing poses. You may need to adjust your device when we transition to standing after the warm-ups.**

Please text (510-384-7798) or email ([susanweineryoga@gmail.com](mailto:susanweineryoga@gmail.com)) if you will be absent or late, so that we don't wait for you. You will be able to make up a missed class by taking any class I teach (see the flyer for this session) in the current series. Please see the Information Sheet for my policy on classes that I may have to cancel.

"We don't use our bodies to get into the pose. We use the pose to get into our bodies." (Bernie Clarke)

I am so grateful for the opportunity to share this embodied practice.