

1. Never done yoga or meditation before - Is this Yoga and Relaxation Day for me?

If you want a yoga that is easily accessible, respectful and resourceful then Dru yoga may well suit you. It's a gentle flowing practice which includes physical movement, breathing awareness, imagination and relaxation. Done with awareness they are great ways to prepare for meditation and chanting.

2. Can I eat before yoga?

As we move, bend, twist and even invert our bodies during a session it is advisable to have at least a two hour interval between a meal and the class. However, some people don't feel well if they are hungry. You are the best judge of what is right for you but you but **a full stomach is not advisable**. If you are someone who needs to eat regularly then try eating a light snack 30 - 40 minutes beforehand in order not to get light headed.

3. Do I need to be flexible to do Yoga?

When you see images of perfectly executed Yoga or Meditation postures you could easily be led to believe that one can't practise Yoga without flexibility or Meditate without already having tranquillity. Once we let go of these images and ideas and enter into the practice, enjoying the close interaction between our inner selves and the body, we delight in what we can and cannot do. **We are all different with different histories. What counts is what we do now. And we do become more flexible.**

4. Do I need to be able to control my thoughts to Meditate?

NO. The Meditation we will show you doesn't require you to control your thoughts. In fact it **welcomes thoughts** allowing them to come and go as they please. Easy as that!

5. What do I wear to a Yoga and Relaxation day?

Let's consider: we want to be able to move freely; we want to be warm and not get too hot. Wear something you feel comfortable in.

Lose may sound appealing but has several disadvantages: loose T-shirts can cling to you in the wrong places and when you go head down they slide towards your head. You end up trying to adjust it and your focus will be disturbed.

***Wearing something slightly clingy with elasticity and room for movement is more conducive to a mindful practice.**

***Several layers allow for adjustments as your body warms up or cools down.**

***If your hair tends to get in your face another essential is a hairband.**

6. Will I have to do everything offered on the day?

The purpose of the Relaxation day is to offer a variety of practices so you can experience which you are most drawn to. If you find yourself totally absorbed in particular practice or really resistant towards another, then **feel free to continue or stop as it suits you**. Bear in mind that the **planned schedule will continue** and you would need to fit in around that.

7. Will everyone stare at me?

No. We all have a curiosity about other people. But class participants are there because they are pursuing their journey, their rest from daily life. **The practice of yoga, breathing, chanting, relaxation and meditation requires all our attention.** There is no time to look around. Everyone will be absorbed with watching, implementing and experiencing.

8. Do I have to be a Buddhist to attend the Yoga/Relaxation day?

No. All avenues of belief are welcome at Lam Rim. There is no need to be a Buddhist or any other formal faith. **YOU just need to BE Yourself.** We welcome everyone with warmth, respect and kindness.

8. What Equipment Do I Need To Bring?

1. Non Slip Mat
2. Warm Blanket
3. Bottle of water
4. Blocks or straps, if you use them (not necessary)
5. Your own hand gel & face mask if you wish to use them

9. How do I get to Lam Rim?

NOTE: Satnav often takes you to the wrong destination in the countryside.

By Car:

1. From London/Bristol: M4 to Junction 24, then A449 North towards Monmouth
2. At the 2nd Junction, take the slip road to join the A40 towards Abergavenny. Get into the right hand lane and take the turning for Mitchel Troy, then immediately turn left to Tregare.
3. Follow this lane up to a T-junction and turn left.
4. Pass a church, and two cottages. At the sign post for Penrhos turn right.
5. Take the 3rd turning on the right, sign posted to Penrhos.
6. Pass another church, The old Vicarage is on the right, and 600 yards on the left is Lam Rim Buddhist Centre.

Address:

LAM RIM BUDDHIST CENTRE, Pentwyn Manor, Penrhos,, Raglan, Usk, Monmouthshire, NP15 2LE