

Welcome to The Co-op Cube's yoga and wellness community, and thanks in advance for covering my class.

First of all, here are some technical notes for setting up the studio - it is in the northeast corner of the studio-cube. It may still be set up from the Qi-Gong morning class, but just in case:

- Bamboo curtain folds out from the east wall - all you have to do is tug on the floor-ceiling bamboo handle and it will smoothly pull out the accordin-foldd bamboo divider.

- You can control the mp3 player from the sonic board embedded in the wall just south of the bamboo divider handle. Just select the playlist: total\_yoga - it sets the pace with a ten minute ocean waves rhythmic segment for the stretching time while people are arriving. It is important that this is playing while people come in so that they are experiencing total relaxation and you might even get temporary office users drifting over from the tea-bar in the office to listen (you can invite them to join in for the breathing exercises, even if they don't have yoga gear)

- The recycled tire floor is soft enough that people who don't have mats are usually comfortable enough, but there are extra tension release pillows to go under knees and such in the bamboo chest below the sonic board. You'll also find a few spare sweat towels in here, though plenty are stocked in the changing room.

For the program:

- Ten minutes of sitting in the northeast corner and leading ten-second inhale-exhale cycles and greeting students. Take this time to introduce yourself to the class and make sure to tell them about the yoga-by-sea class you've been teaching.

- Ten minutes of warmup stretching at your discretion

- Any variation on sun salutations can be done for the following twenty minutes, facing the east window (which you'll see is sun-tinted - if it's especially gloomy out, you can adjust the glass glow with the < \* > touchscreen below the sonic board).

- Your own program at this point is fine, just be wary of any students who are in the room just for breathing guidance. The playlist is set to facilitate relaxed and augmented exhales, but be sure your rhythm aligns

Notes on some of the students:

- Most of the regular students are already wearing yoga-appropriate clothing in the office and do not need the ten minute walk-in for changing. They will be seated and breathing. If they do not respond to you, it is because I've found that many of them are meditating to remove work from their minds. Speak softly if newcomers have questions or if you are explaining your background.

- \*\*\*Please walk around and touch peoples bodies to assist them in their positioning and stretching - I am very diligent about this and many of them rely on this touching for intimate reinforcement of body confidence.

- Students who sit on the far north side of the room are usually regulars who need you to come by and breathe loudly with them while they are stretching (visiting every ten minutes in rounds is fine). I find that a humming, vocal breathing is most effective in conditioning relaxation with these students.