

### ***Frequently Asked Questions***

#### ***I have an injury/disability OR I have a large body OR I've never done yoga before. I feel self-conscious OR Can I participate?***

This is a mixed-level, gentle yoga class. No yoga experience is required. At the foundation of this program is self-acceptance and celebration of diversity. Options will be given to allow participants to choose their level of comfort in all poses. Each participant will complete a questionnaire at registration that will flag any physical issues that may need to be addressed or accommodated.

#### ***Do I need any special equipment to participate?***

This class is being held in a fully-equipped yoga studio and mats and props are provided. You are welcome to bring your own mat if you wish. Please bring a water bottle. You will need a copy of the book "The Gifts of Imperfection" by Brené Brown to start reading before the first class.

#### ***What is the format for the sessions?***

This program is being offered in two parts of six sessions each. Each 90 minute session will have a theme based on a Guidepost from the book (Part 1 will cover the first five guideposts). Participants will have read the chapter prior to class and received questions for reflection or journaling. There will be a 30-minute group discussion on these questions. Confidentiality and privacy are protected in the group. Self-disclosure is not required. The discussion will be followed by a yoga class that includes movement, breath work and constructive rest (Savasana).

#### ***How many people will be in the group?***

Up to 12 people can participate.

#### ***What should I wear?***

Loose, comfortable clothing that moves with your body is recommended e.g. spandex, stretchy shorts/pants with an elastic waist, knit top. While practicing on your mat, you may wear socks or have bare feet. You may wish to remove or replace any clothing or jewelry that might be uncomfortable if it could dig into your body in a particular pose (e.g. earrings, rings, bra clasps, hair clips).

#### ***I can't attend all the sessions – can I still register?***

Participants will be asked to commit to attending at least five of the six sessions. The group will be closed to new people after the second session. If you are unable to commit to attending at least five sessions, I suggest you read the book and let me know you'd like to be notified when the program is offered again. Part 1 is not a prerequisite for Part 2.

***Why isn't the book included in the fee?***

The book is available in several formats (including audiobook) which differ in price. Some people may already have a copy, or be able to borrow or purchase a used copy (previous editions are fine). Prices vary widely, depending on where it is purchased.

***I am unable to afford the registration fee but I want to attend.***

The full registration fee for this program is \$175 per person. A discounted fee can be offered to individuals in cases of financial need if a minimum number of people register at the full fee. Please speak to me for more information about a discounted fee.

*Have another question that isn't answered here? Please contact me!*

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