

## Statement of Inclusion

At Beinspired we warmly welcome men and women from all stages of life into our classes, and on our courses and retreats. In particular, we are sensitive to different womanly needs. Menstruating women are offered practices to support their bleeding and rest when they need. Perimenopausal and menopausal women are invited to adjust the room temperature as necessary (please do take the spaces by the windows and fans if it's warm) and honour your need to rest when necessary. Pregnant women are offered modifications and adjustments to support their pregnancy, and also encouraged to rest as much as they need too.

Our founder Emma has experienced fertility issues first hand, as well as complicated pregnancies, the shock that is early motherhood, and recovery from birth, caesarean sections in her case. She is also aware of the demands of breastfeeding and the intense sleep deprivation of early motherhood, all of which she has written about in her book [Dancing with the Moon](#). She knows how much yoga can support this, but also how much we need to honour the body's need for rest and a gentle approach to yoga throughout these tricky periods. With this in mind, rest is often best and our Sunday morning class is the best class to support this.

Our teachers also try to observe and honour the cyclical fluxes of menstruation aware of the fact that this is often given very little consideration in many yoga teaching environments. Modifications or alternatives are offered in class for asanas that are not suited for menstruating women. We hope that by encouraging women to connect with, and honor their cycle they will better understand their changing physical, mental, emotional and physiological needs as they navigate ovulation and the premenstrual stage of their cycles in particular.

The same can be said of peri-menopausal women who may find this new stage of life incredibly disorientating and un-grounding, as well as menopausal women who may be going through a crisis of confidence and identity, as well as dealing with hot flushes, sleep disturbance and mood swings. With this in mind we welcome the opportunity to support women at all stages of life and aim to make our classes as nurturing and supportive as possible.

## Bringing a baby to class?

We know what it's like when you're keen to get to a yoga class to support the postnatal period but on-demand breastfeeding (or bottle feeding) dictates otherwise. For this reason, at Beinspired we are keen that postnatal women are given the opportunity to bring their babes in arms (babies who pretty much stay in one place, so not crawling or toddling) to our classes so that they can be fed as needed.

We appreciate this has repercussions for other students in the class, but ask that as a student in that class you consider any resistance you may have to this. We also appreciate that increasing numbers of women are having trouble conceiving and may be challenged by the presence of a baby in class, but we also believe that the presence of babies could in fact be the tonic needed, and will warm the hearts of most. We also understand that many students welcome the quiet space that a yoga class offers, a space where they can have a break from their care-giving role, but we also ask that you allow any mothers and babies that may be in the class with you to enjoy their space within the class too. Remember, there is no need for you to care give here, or care take, the fact you have welcomed them into the space is enough.