



## 7 QUESTIONS TO ASK YOUR YOGI

The following is a list of questions designed to help you feel more comfortable attending your first yoga class. You may not have to ask all of these questions—you can determine which ones are appropriate for the particular style of yoga and the teacher you're considering. Start the conversation by explaining what type 1 diabetes (T1D) is and what basic blood-glucose management requires. Remember: T1D may be new to him or her, but a little education goes a long way.

1. Does the yoga studio have any rules about food and/or drink in the classroom? If so, can exceptions be made for people with medical needs?
2. In your classes, is it easy to stop in the middle of an asana sequence if I need to check my blood sugar, or is continuous movement an essential part of the practice?
3. In the class setting, do you walk through the classroom at various times to provide individual instruction and adjustment, or do you lead the class exclusively through demonstration?
4. Are classes very crowded, or is there ample space for each student? Does space vary by day and/or time of day? *(The more space in the classroom, the more secure you'll feel bringing your diabetes supplies with you.)*
5. What size are the classes? Does class size vary by day and/or time of day? *(The smaller the class size, the more individual attention you're likely to receive from the instructor.)*
6. Would you be comfortable monitoring my progress and watching for symptoms of hypoglycemia for the first few classes, until I can learn how my body (and my blood glucose) responds to yoga?
7. Is it possible for me to "reserve" a spot toward the *(choose the option below that is right for you):*
  - front of the room, so that you can more easily help observe me for symptoms of hypoglycemia during class?
  - back of the room, so that I can more discreetly check my blood glucose and administer insulin during class?
  - side of the room near the door, so that I can more easily access my diabetes supplies outside the room?

