



How to Take a Yoga Class And What to Expect During your Class (For the Beginner and the Curious)

- Arrive on time, or even a little early. Allow time to settle in and relax before beginning practice. If you are late, be mindful as you come into the studio space.
- Be respectful of space. Try to keep any props you might need close to your mat.
- Come to class clean.
- Dress appropriately and comfortably.
- Refrain from the use of heavy perfumes. Some individuals are highly sensitive to fragrances.
- We play hard. Expect to sweat. At least a little.
- Try not to eat for two hours prior to your class. Twists and bends are much more comfortable on an empty stomach!
- Be hydrated.
- Relax. Have fun. Don't worry about how your practice looks compared to that of others. This is your practice.
- Respect your own limits. Expect to be comfortably uncomfortable at times during your practice. If something doesn't feel good, don't do it. Your instructor will help you with modifications of postures to make them appropriate for your current health and level of fitness.
- Yoga is a hands-on practice. Your teacher will adjust your postures and alignment. If you prefer not to be touched, please tell your teacher prior to class.