

YOGA FACTS FOR THE BEGINNER

1. In yoga class we use sticky mats to create stability in poses. We invite you to remove your shoes and socks creating a better connection between your feet and the mat.
2. We provide all props needed for class. Your teacher will tell you what props you will need for that particular class. We have several mats available but encourage students to buy their own.
3. Wear comfortable clothing. You may wish to wear layers.
4. If this is your first class with a teacher you haven't worked with before please introduce yourself and share any information that might be useful to the teacher, such as injuries, medical problems, physical challenges, experience, etc.
5. Listen to your body's inner teacher. Use awareness and your body's inner guidance to decide how long or how deeply to get into a pose. Only stretch to the point of gentle tension, not pain!
6. Yoga is for people of all religions and spiritual practices. Yoga is not associated with one specific religion and can deepen your connection to whatever you believe
7. If you're not comfortable doing a specific pose feel free to watch or ask the teacher for a modification for that pose.
8. Please feel free to ask questions during class.
9. Savasana is a period of relaxation at the end of every class. You can put socks on, a sweat shirt and grab a blanket to enhance complete relaxation and comfort.
10. Each teacher has his/her own particular style. We recommend trying all the teachers to see what best suits your needs.