

New to yoga?

Here are some helpful tips for creating Yoga (union of body, mind and spirit)

- **Avoid eating or eat a light snack 1-2 hours before a class.** Yoga is best practiced on an empty (or at least fairly empty) stomach. **Please hydrate well** about an hour before a class. We encourage you to try to stay on task throughout class, so water bottle breaks can be a distraction.
- **Please schedule your class online at least a few hours before class. Arrive 5-10 minutes before the start of class,** if at all possible. If you are late, still come in! 😊 We try to leave space open by the door to set up your mat. **Please leave shoes outside the practice space** to keep our breathing space safer.
- **Please mute cell phone upon entering the studio** or keep on vibrate nearby if necessary.
- **Please put all items that are not essential for practice in a cubby.** The space around you should be free of excess “stuff”.
- **Please inform your instructors of any injuries or health conditions** we should know about. Please fill out a **New Student Information** form if you have not yet done so.
- **Wear comfortable clothing** that allows you to move freely. **Yoga is practiced barefoot.** Please remove socks and shoes before entering the studio floor. Socks with treading can be worn if you have a foot condition.
- **Please refrain from wearing lotions, cologne, or perfume to class.** These can cause an allergic response in another student. The use of many of these products also inhibits the ability of the skin (your body’s largest organ) to cool properly. You should be able to sweat. **Please be mindful of hygiene. Please bring a hand towel to class if you sweat easily. If you forget one, please ask. We keep some handy.**
- **Mats, blocks, straps, blankets & bolsters are available** for you to use during class. We have a limited number of mats available to borrow. If you do borrow one for class, please spray with anti-bacterial spray (provided), wipe, and leave out to air dry. The instructor will put it away.
- **Some instructors & classes will incorporate traditional Sanskrit chanting at the beginning and/or conclusion of class.** Please feel free to *just listen*. The vibration alone from chanting has a remarkable healing effect on the body through stimulation of the vagus nerve. Sanskrit is an ancient, fascinating language-possibly the oldest in the Indo-European language family!

Thank you so much for considering these suggestions in order to support *your* practice and the practices of your classmates. 😊