

New to yoga?

Here are some helpful tips for attending classes at

The Light Within Yoga Studio

- **Avoid eating or eat lightly for 1-2 hours before a class.** Please **DO** hydrate well about an hour before a class. We encourage you to try to stay on task throughout class, so frequent water bottle breaks can be a big distraction.
- **Arrive 10-15 minutes before the start of class.** If you do arrive late, please enter as quietly as possible.
- **Please inform your instructors of any injuries or health conditions** you are experiencing. Please fill out a **New Student Information** form.
- **Wear comfortable clothing** that allows you to move freely. **Yoga is practiced barefoot.** Please remove socks and shoes before entering the studio floor.
- **Please refrain from wearing lotions, cologne or perfume to class.** These can cause an allergic response in another student. The use of these products also inhibits the great detox effect that yoga can have when your skin (your body's largest organ) is not able to sweat freely. Please bring a hand towel to class if you sweat easily.
- **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.
- Please turn cell phones **off** upon entering the studio, or keep on vibrate by your mat if absolutely necessary. If you must receive calls during a class, you may move to the meditation/massage room to take your call.
- Some instructors and classes will chant at the beginning and/or conclusion of class. Join the chanting if you are comfortable doing so. If not, feel free to listen. The vibration alone from chanting has a remarkable healing effect on the body!