



SIGNED UP FOR YOUR FIRST YOGA CLASS?

# GUIDE TO YOUR FIRST YOGA CLASS



## THINKING ABOUT TAKING A YOGA CLASS BUT NOT SURE WHAT TO EXPECT?

We've got ya covered. This is the complete guide for newbies. We want the information in this guide to help you feel comfortable heading into a Yogacentric yoga class.

## What to Wear



Wear some comfy clothes - You don't need any name brand "yoga" clothes to do yoga. Make sure you choose something you can move in. We always suggest wearing layers, cuz you never know how hot you might get while moving. Wear a supportive bra to keep those ta tas in place. Also wear pants or shorts that stretch and move with you. You might wear a tank or t-shirt on top, but make sure it's form fitting. We usually do yoga barefoot, but if your feet like to stay snuggly, they make yoga socks! How cool is that? They're socks with stickies on the bottom to help your feet from slipping while on the mat. Or feel free to wear any socks you like.

Mat - Get a mat or borrow one if you're not sure you're ready for that kind of commitment. We have a few in the studio that we lend out for free. If you do decide to get one, you can get them anywhere - Target, Amazon, Manduka. You don't need anything fancy - pick a color you like - mine is purple

Water - Bring water, cuz any time you're moving you want to stay hydrated.

Props - Wondering what these wonderful things are? They're blocks, bolsters, straps and blankets. We use them sometimes in class to help support us and make things super yummy. If you want to get your own, you can get these at the same places as the mat. We have these at the studio to borrow as well.

Positive attitude - be ready to experience something new and super great for your body and mind as you meet new people and join a community.

## What to Bring



## How to Prepare



Now that you have your clothes picked out and all the equipment ready, what else do you need to do to prepare for class? Put that egg skillet down my friend! Please don't eat too much before class. We'll be moving and twisting and it can be pretty uncomfortable if the stomach is full! Trust me, been there, done that.

Are you wondering if you're flexible enough? Strong enough? Out of shape? No worries! That's what we'll be working towards in class. We meet you where you are.



## *What to Expect when you Arrive*

Great! We're dressed, signed up and ready to go. When you get to class, you'll be greeted by the teacher. Introduce yourself, let them know about your experience with yoga. It's always good to let them know if you have any injuries or special issues. Definitely let them know if you are pregnant. They can help with any workarounds that will be helpful to keep you safe and comfortable. You might even tell them if you accidentally ate that 5 course breakfast. Ask where you should put down your mat. Usually, the teacher sets up at the front of the room and students line up their mats in front of the teacher. You get to choose where you place your mat.

### **Ready to go?**

Get our new student special

We're located at 135 E Bennett  
Across from Henne Field.

There is plenty of parking on the street and in the parking lot  
across the street.