

What to Expect from Your Yoga Class

Clothing

Wear comfortable work out clothing that will not allow you to feel exposed when in certain poses. Pants that don't slide up, or athletic shorts with bike pants underneath are always great. Shirts that will not expose you when you are in inversions such as "downward facing dog". Fitted tanks are usually good.

What to bring

- Mats and props are provided. If you would like to bring your own please do!
- A water bottle with a top so it will not spill if knocked over.
- A pair of socks or sweatshirt for Savasana (Corpse pose at the end of class in which you lay on your mat and relax.) Blankets are provided.

Sign-In sheet

Please allow enough time to sign-in on the Professional Disclosure Form and Release and get settled on your mat. If you are late please sign-in quietly and take your place.

Tardiness

Remember, Yoga class begins with settling in and warm-ups so if you are more than 15 minutes late you have missed an important part of the class which prepares you for the rest.

Please do not stress about it! If you cannot make it on time, please take time to practice on your own and try to make it next time.

Can you really do yoga?

Yes, if you can sit and breathe, then you can do yoga. If you are new to yoga choose the Gentle Class or schedule a private class to get started. It may feel awkward at first, but if you keep at it you will be amazed at how quickly your body begins to open up and lengthen out. Our bodies are in seated positions in chairs for hours on end. We are not used to stretching in all kinds of ways, so be gentle with yourself.

Class Content - Classes will differ depending on the teacher but this is the basic layout.

- The first few minutes are for grounding and becoming present in your body and with your breath. Usually class begins by focusing on the breath and bringing the awareness to the body. This awareness is what keeps you from overdoing any pose.
- Warm-up
- Asanas
- Cool-Down
- Savasana (Corpse Pose) - Prepare to Relax! On your back, arms extended, palms up about 45 degrees from the body. Take time to put on socks, sweatshirt, and/or cover up with a blanket. Whatever will make you most comfortable!
- Closing - Seated pose. Namaste. (I honor the light within you.)

Keep in Mind

Always focus on the breath. If you find yourself holding your breath, you probably need to come out of the pose you are in. Always come back to focusing on the breath if you forget. The breath keeps you present in your body and fully aware of your limits within the poses.

Pose Modifications

You can always modify the pose. If the pose is too difficult and the teacher has not shown you modifications, then come out of the pose and get your teacher's attention. She will gladly come offer assistance and show you an easier form. This includes seated pose. Sometimes people

are really uncomfortable sitting on the floor because it is not something our culture is used to doing. You can use blocks and blankets to make seated poses more comfortable. This will allow you to remain in these poses longer and allow the body to slowly open up to them. You are always allowed to move within the pose. This actually allows the body to find a neutral, comfortable place within the pose.

Getting Tired

If you are tired and need a break, come back to downward facing dog or child's pose (fetal position). You can settle back into any pose that is comfortable for you any time that you need a rest. Remember, Yoga is about tuning in and honoring your present needs, so do not feel embarrassed about needing a break.

Props

There are blocks and straps which help make some poses more easily accessible. Sometimes we are working with such tight muscles that we need the straps and blocks to make up for the flexibility we may be lacking in certain poses. Your teacher will be able to show you proper use of these props anytime.

Anatomy

All of our bodies are different. Remember, some people may never be able to look a certain way in a pose because of the way their body is built. That's what makes us so interesting! In most cases, however, if you are not in the "Perfect" pose it's okay. Your muscles need time to remember how to stretch back out again. Just attempting the poses allows the nervous system to begin remembering the pose. Each time will be easier than the last because of this ability of the body to remember.

Emotions

Our bodies hold emotion within the tissue. When you are bending and twisting in Yoga you are essentially squeezing out these built-up emotions. If you feel different emotions well up inside of you, try to let them come out. This is easier in a more private setting so always take time to practice privately if you can.

Be Present and Have fun

Yoga is a moment for you to be with yourself with no other distractions. Enjoy it and see what comes up.