

5 Pointers for your First Yoga Class



1. Yoga is for everyone! Whether you are pregnant, recovering from injury, young or old, we have yoga classes for you. Our teachers are trained to modify and adjust the practice to meet your needs.
2. We invite you to wear comfortable clothing that allows you to move, sit and stretch your body with ease.
3. Yoga is generally practiced with bare feet as they allow for greater range of movement in the feet and ankles, feedback to the body and provide good traction on your mat. For the gentler and more restorative practice, socks can be worn to keep the feet warm. Some students also enjoy practicing with shoes and socks made just for yoga.
4. Eat a light meal at least an hour or two before class. Coming on a full stomach or immediately after a heavy meal can make for a challenging or uncomfortable practice. Eating a snack or a small meal will provide you with just the right energy for class!
5. Just bring yourself with an open mind and open heart! Our studio provides mats, blankets, bolsters, blocks and many other props to support your yoga practice.

We look forward to seeing you in class!

