

Yoga for beginners

Do's and Don't

- * DO NOT to eat any heavy meals up to 2 hours before the class (only a Banana or something light)
- * DO arrive 5-10 minutes early to set up and calm your mind (if it is your first time the instructor will ask you to fill in a health questioner)
- * DO take off your socks (or at bring non slip socks)
- *DO wear appropriate sports clothing to be able to move freely and comfortably
- * DO use props (block, straps,..) is not a bad thing. They will be provided.
- * DO let your teacher know of any injuries which may affect your practise
- * DO NOT bring a phone or put it on silent, airplane mode, let go of everything during this hour and don't get distracted by anyone.
- *DO bring a towel, in case you sweat or slip on the mat
- *Mats will be provided but it is always nice to bring your own.
- *DO be quiet during the class, we know it's fun to share this with friends but it's disturbing if chatting is going on in the room.
- * The last 5-8 minutes of the class we are in "Savasana" which means we will be lying on our back on the mat and relax. Please do bring a jumper and socks as you might get cold. During this time the instructor will walk around and adjust you, please do let the instructor know if you do not wish to be adjusted at any time, oils may be used for this, so please do inform the instructor of any allergies before the beginning of the class.