

## Instructions for First Time Yoga Students

Please arrive at least 15 minutes before class so you'll be able to fill out your enrollment form and pay for your class. **Please remember if you arrive at your first class after it has begun, you will not be allowed to join late and you will need to wait until the next class.**

What to wear: The room is hot, so you'll be most comfortable if you wear shorts (spandex is best) with a sports bra or tank top. The more clothing you wear the more uncomfortable you'll be

Bring at least 32 ounces of water with you, or we have water here that you can purchase

Bring your yoga mat and two towels – if you do not have these things, we can provide them for a fee.

What to eat and drink:

- You'll enjoy the class more if you start well hydrated. So, drink water throughout the morning or day before you come, and try to avoid soft drinks and beverages that contain caffeine. In fact, it is best to avoid all beverages other than water.
- It is also best to eat something before yoga. About 200-300 calories of a complex carbohydrate food that is easily digestible is best about 30 minutes before class. Suggestions include a granola bar; an apple with a few almonds; a bowl of cereal; a rice cake with almond butter; a slice of toast with spreadable fruit; or a container of soy yogurt.

You'll be given more thorough instructions to take home and read both about hot yoga and how to make the best of your experience here when you come to class.

Note:

- Teenagers are allowed to come to class as long as they are capable of participating in the class and their parents sign a permission slip.
- Pregnant women can take class provided they have started hot yoga classes prior to becoming pregnant.