

# Getting the Most Out of Your Yoga Class Experience

## How to Prepare for Class:

- Try to eat far enough in advance of class that you are neither hungry nor full when you arrive. Hunger can leave you lightheaded or distracted, and a full stomach can lead to nausea in inverted postures. Light snacks/meals should be finished at least an hour in advance. Full meals should be finished at least 2 hours in advance.
- Dress in what will make you comfortable and most able to relax. It is helpful to wear a pair of sweat pants, leggings, or shorts, and a t-shirt that's not too baggy (you don't want it to fall over your face when you bend forward). No special footgear is required because you will be barefoot on your mat. If you are prone to being cold or easily become warm, consider dressing in layers.
- If you have long hair you may want to bring a ponytail holder or barrette.
- You may want to bring a bottle of water.
- **There are a limited number of mats available, please bring your own if possible.**
- Remove gum, mints, or anything else held in the mouth prior to class. This is a choking hazard, and it will keep you from being able to relax your tongue, jaw and lips.
- Remove your shoes before entering the practice area. The floor is where you will be spending most of your time and we want to keep it clean.
- Remove noisy jewelry like bangles and bells before class starts.
- Turn off your cell phones and beepers before entering the studio.
- Please do not wear any heavy, chemically produced fragrance oil perfumes or lotions.

## Yoga Do's and Don'ts:

- DO let me know about new injuries or conditions that might affect your practice. If you are injured or tired, skip poses you can't or shouldn't do, or try a modified version.
- DO ask questions. If you need clarification about a pose or how to breathe, please ask.
- DO create an intention. To help you focus, you might find it helpful to dedicate your practice to a certain intention. This might be to become more aware and understanding,

more loving and compassionate, or healthier, stronger, and more skillful. Or it might be for the benefit of a friend, a cause—or even yourself.

- DO take time afterwards to think about what you did in class, so you can retain what you learned. Review the poses you practiced, and note any instructions that particularly made sense. Even if you remember just one thing from each class, you'll soon have a lot of information that can deepen your own personal practice.
- Do NOT hold your breath while doing yoga poses. Breathing is important. If you find yourself holding your breath, it is a good sign that you are pushing too hard.
- Yoga is NOT a competitive sport. It is a process. You succeed by trying. The idea is to focus your awareness on what you are doing and how you feel as you perform the postures. A "good" practice is defined as whatever one's body and mind are capable of giving on a specific day.
- Do NOT compare yourself to other students. Each person comes to the mat from a different place. Where ever you are at that moment is okay. Again, yoga is a process. You start from where you are and advance over time.
- Do NOT push yourself to achieve the perfect pose. Yoga is not about perfection. It is about connecting your mind, body and spirit. Listen to your body. Most yoga injuries happen because students ignore what their body is saying and push beyond their limits.

If you have questions or would like to talk with me before our first class, please email me at [healingyogabreath@yahoo.com](mailto:healingyogabreath@yahoo.com) or call me at 248.506.9076 between 10:00am and 8:00pm. See you at class!

Deb Chymiak-Isanhart