

New To Yoga...Guidelines To Keep In Mind

Yoga is practised on an empty stomach; so, please stop eating 1-2 hrs before class.

Please don't be late! It can disrupt others. Yoga poses, or Asanas, are sequenced in a particular way and it is important not to miss the first few.

Do arrive early! Take a few minutes to go inward, focus on the breath, let go of your day, and prepare for practice.

Please leave socializing and business outside the classroom so that others can prepare in peace. Turn off cell `phones and pagers. Better yet, leave them in the car or the change room.

If you need to leave early, please take a spot at the back of the room. Plan to leave before Meditation and Savasana so that you don't disrupt others.

Clothing should be comfortable and made of a stretchy fabric so that you can move freely. No socks or shoes-it is important to be able to stretch your feet completely.

Artificial scents and perfume should not be worn to class as some students may have chemical sensitivities.

Please bring your own mat. Neither Purple Lotus nor the Alexandra Centre provides mats for students. Fabric mats are not appropriate. Choose the non-slip or "sticky" kind. It should be the length of your body. If you're not sure whether or not you have the correct mat, keep your receipt until the first class.

It's of the utmost importance to let your instructor know of any past or present injuries and medical conditions. That way, the poses can be adjusted to accommodate a safe Yoga experience.

Your alignment in the pose is very important; so, occasionally it may be necessary for the instructor physically to adjust your pose. If for any reason you are uncomfortable being touched, please let your instructor know.

We want to feel a deep stretch in Yoga; however, not pain. If, at any point you feel pain, come out of the pose immediately and let your instructor know so he/she can customize the pose for you.

Often beginners ask, "Where should I be feeling this?" Please keep in mind that everyone's body is different; so instead of "should", just be mindful of your own body and let the instructor know if you aren't feeling a stretch.

At the end of the class(the winding-down portion), the body tends to cool off. You are welcome to bring a cover-up and/or blanket (something firm and portable i.e. a Mexican or a wool blanket).

Yoga is not a competitive sport. We are not in a race to reach our feet ...so relax and take a deep breath. Life is stressful enough!