

## Routine Instructions and Yoga Tips

- ◇ Please come in time for the class so that you don't miss anything.
- ◇ Always bring your **SAVY Membership/ Class Card/ Workshop Registration Card** with you and get it marked/ punched before the start of the class.
- ◇ Please **sign in** on the Sign-in sheet every time you come.
- ◇ Please wear loose, breathable **attire** for the yoga class.
- ◇ Please bring your **yoga mat**, or get one on rent at the studio.
- ◇ If required, please bring a warm **sweater** or blanket for end of class.
- ◇ **Ask questions:** If you are unsure of a pose or movement.
- ◇ No **solid food** 5 hours before the class & no **liquids** 30 minutes before or during the class, and preferably, till 30 minutes after.
- ◇ **Warm up:** Cold muscles, tendons and ligaments are more vulnerable to injury. A full routine class warms you up initially.
- ◇ **Start slow:** Beginners should start slowly and learn the basics first. Initially at least, try concentrating more on breathing, 'rather than trying to stretch farther'.
- ◇ **Know your limits:** Yoga is a personal practice. Do not jump into positions beyond your experience or comfort level. Just because the person next to you is trying it doesn't mean you have to! If you find some exercises hard to follow during a session, you can skip them till you are comfortable attempting them. At any time during the session, **if you feel breathless, or uncomfortable, please stop and let your instructor know immediately.**
- ◇ **Choices:** We offer a variety of levels, some more strenuous than others, some that focus on stretching, some that focus on strengthening.... Choose the class that is best suited to your goals, needs and ability! Seek guidance if you are unable to decide.
- ◇ **PLEASE KEEP YOUR CELL PHONE SWITCHED OFF DURING THE CLASS.**
- ◇ **Do not forget to register:** You must reserve your spot in a class! Reserve your spot on the sign-in sheet for the next class or email, phone, text or see our front desk!