



## **Guide to Getting Started**

### **Tips to enhance your yogic journey**

- 1. After eating a snack**, allow at least one hour before practicing. **After eating a regular meal**, allow two hours before practicing
- 2. Yoga mats and other props are provided** however you can bring your own if you have a yoga/exercise mat, favorite blanket/towel or other props
- 3. Fountain water is available** however you can bring your own covered container to have nearby while you practice
- 4.** Yoga emphasizes breath awareness and practices, so treat your nose and others' to a clean-smelling , fragrance-free environment and **avoid the use of strong scents**
- 5. Wear loose comfortable clothing** that is easy to move around in
- 6. Wear footwear that is easily removed.** Yoga is practiced with bare feet but if you prefer to have socks on, make sure they have “grippies” on the soles to ensure your safety
- 7.** Speaking of feet, **step over or around others' mats** while navigating around the studio
- 8.** In consideration of others, **arrive 5 to 10 minutes before class start time** so that you can gather props, settle into your space and experience the full benefits of the class
- 9.** Don't forget to **silence your cell phone and other electronic devices** you bring to class
- 10. Before class, tell your teacher about injuries, medical conditions & other health issues**
- 11. Listen to and honor your body's wisdom and safety at all times.** If a pose or movement causes pain, stop and let your teacher know so that modifications can be made
- 12.** As class progresses, practice mindful attention to distress in your body, breath and mind so you can **take care of your need for physical modifications, rest, hydration and bathroom breaks**
- 13. Curb the urge to compare yourself to others or to your last practice.** Yoga is a personal, inward focused experience that allows you to discover and explore your innate goodness and brilliant essence while offering peace, transformation and healing to body, mind and soul
- 14. Take a deep breath (or two), relax and have fun!!! 😊**

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