

Welcome to Yoga

A gentle guide for your first class



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Why This Guide Exists

Starting something new can feel intimidating — especially yoga.

This guide is here to help you feel prepared, comfortable, and supported before your first class.



Always Remember

*There is no “right way” to do yoga.
You are welcome exactly as you are.*

What to Expect in Class

Every class is a little different, but most sessions include:

- Gentle movement
- Time to breathe and settle
- Clear guidance from the teacher
- Options to rest or modify at any time



Always Remember

Be Kind to Yourself. You do not need to be flexible, strong, or experienced to begin.

What You Do Not Need

- You do not need to know pose names
- You do not need to keep up with anyone else
- You do not need to push through discomfort
- You do not need special clothing or equipment



Always Remember

Comfort matters more than performance.

Listening to Your Body

Yoga is about awareness, not forcing.

- If something doesn't feel right, you may stop or rest
- You can skip any pose at any time
- Child's pose, sitting, or lying down are always options



Always Remember

Your teacher may offer suggestions, but you are always in charge of your body.

Breathing & Movement

You may hear cues about breathing during class.

- Breathing should feel natural and comfortable
- If a breathing pattern feels confusing or uncomfortable, return to normal breathing
- There is no need to “do it perfectly”



Always Remember

Awareness is more important than technique.

Class Etiquette (Simple & Human)

- Arrive a few minutes early if possible
- Silence or turn off your phone
- Let the teacher know if you have questions
- Respect your own space and others' space

Mamaste

Always Remember

There is no expectation to stay after class or speak unless you want to.

After Class

It's normal to feel:

- Relaxed
- Energized
- A little sore
- Or simply different than expected

A Gentle Reminder

Yoga is a practice – not a performance. Some days will feel easier than others. All experiences are valid. You belong in the room simply by showing up.

***Disclaimer**

This guide is provided for general educational purposes only and is not intended as medical advice. Always listen to your body and consult a qualified professional if you have health-related concerns.