



## Inspire Yoga's Beginners Guide to Yoga

Inspired to try your first yoga class but are a little apprehensive? Here are some questions new students commonly ask.

### What do I wear to a yoga class?

Comfortable clothing is best, similar to gym wear or running gear.

At some stage in class you may be upside down (inversions). Many people are uncomfortable when their clothing moves and their stomach shows. Fitted clothing is best to avoid embarrassment. Short, loose shorts are to be avoided.

### What do I need to bring?

Our studio provides all props including mats. If you prefer to use your own mat, feel free to bring it along.

You may like to bring a water bottle to refill.

### What do I do when I arrive?

It's best to arrive 10 to 15 minutes before your class starts, especially if the class is popular. Shoes and socks are to be removed and placed in the supplied shoe rack.

The teacher will let you know what props will be required for the class.

Find a place in the room that you feel most comfortable and settle in for the class.

### What if I have injuries?

Make sure you let your teacher know if you have any injuries. Our instructors will modify any postures to ensure the class is safe for you.

### I can't touch my toes, is Yoga ok for me?

Absolutely! Yoga isn't about the perfect posture, it's about doing what's right for your body at any time. Over time, you will find, your flexibility and strength increase.

### What if I fall asleep or snore in the middle of the relaxation?

It happens, and if it does it just means it's exactly what your body needs and it's ok.

### What's the chanting about?

Mantra or chanting are tools in our Yoga tool kit. Using the voice is very effective in stopping the constant chatter of the mind. If you have trouble shutting your mind off, this technique could work for you.

### Try this short exercise:

Take the time now, to sing 'Mary had a little lamb' (out loud or to yourself).





While you were singing, how many thoughts did you have? None??

It's impossible to think and sing at the same time. To be able to sing, you need to use your mind. It has to be engaged in the activity. So the mind can't have any other thoughts at the same time. Singing is a very simple technique to focus and still the mind. This is the basic premise of how Mantra and chanting work.

#### What does Namaste mean?

The word "Namaste" is often said at the end of class. The teacher will say Namaste and the class repeats it. It means "The light in me sees the light in you". If you are not comfortable with this you can stay silent or just say it to yourself.

#### What are the benefits of practicing yoga?

Of the many benefits of Yoga, here are just a few:

- Mood – Yoga breathing techniques can change and lift moods. Even a single class can help you feel better.
- Balance – Helps us find balance physically, emotionally and mentally.
- Self-Awareness – Yoga practiced with mindfulness helps us become aware of who we are and how we respond to the world
- Self-Acceptance – Sometimes Yoga comes easily, sometimes not so. We practice regardless of how we are at any given moment.
- Reduce Stress – Yoga moves our nervous system away from the fight, flight or freeze response to rest and digest.
- Connection – with yourself and a new community.



#### Which class is best for me?

There are many types of Yoga and the one for you is dependent on your situation. The best place to start is usually a class suitable for beginners. A beginner's class will take you through the foundations of Yoga postures. It will show you the basics of each posture, the names of the postures and how to safely get in and out of each posture. The teacher will also show you any modifications required for your particular needs. If you are unsure, contact the studio to make sure the class is suitable for your needs and goals.

#### Anything else I need to know?

It's best not to have a large meal before a class. Yoga is best done a few hours after eating.

Most of all enjoy!!! Yoga is best done with fun.

Namaste,  
The Inspire YW Team