



How to Get the Most from Your Yoga Class

At Divine Yoga we are so pleased to have you as a Yoga Student!

Here are a few basic guidelines to make your time in class more enjoyable and beneficial to all.

1. Please plan to arrive at least 10 minutes prior to class – this allows time to set up, use the facilities and mentally prepare for class.
2. If you have a Yoga mat please bring it. The studio does have Yoga mats, however most Yoga practitioners prefer to bring their own.
3. Wear comfortable loose clothing or, clothes that are designed to move and stretch in all directions.
4. Do not eat for at least 3 hours before class. If that is not possible, have a small snack about 2 hours prior to class. Heavy meals less than 4 hours before class should be avoided.
5. Please refrain from wearing heavy perfumes and/or smoking before class—some people are sensitive to smells.
6. Please turn cell phones and/or pagers off or place them on silent.
7. If you arrive at class while the invocation is being said, please wait outside the studio until the invocation is complete. Then enter and set up for class.
8. Most of all – enjoy the time you spend with yourself - this time is YOUR TIME - you deserve it!

Namaste' Amy

***“It is through your body, that you realize you are a spark of divinity”,
B.K.S. Iyengar***