



A YOGA GUIDE

for the beginner

What to wear:

- athletic clothing that allows you to move freely
- no shoes/socks

What to bring:

- water, in a sealed non-breakable water bottle
- you can bring a mat if you have one, we also have loaners

Which class to take:

- all of our classes are considered 'all-levels', meaning you can sign up for *any class*.
- there is a specifically 'Beginner-friendly Flow' on Thursdays at 6:45pm

What if I am not flexible at all?

- no problem. That is why you should come to yoga!

What if I am out of shape/overweight?

- that is totally OK! All are welcome here. Whenever you need to take a break, go into 'child's pose', or even just lie down.

Class Etiquette:

- be ready for class- grab two blocks, a sweat towel, and have a seat in the middle of your mat.
- introduce yourself to the teacher; let them know you are new to yoga
- stay on your mat once class starts, unless you have a bathroom emergency.

More questions? Please reach out!



214-233-5832



info@soulfriendsyogacenter.com