

WHAT TO BRING & WHAT TO KNOW FOR YOUR FIRST YOGA CLASS

GET HEALTHY 1



WHAT YOU'LL NEED

You might surprise yourself with how hard you work at your first yoga class particularly if it's a vinyasa class. Bring a water bottle into your class so you can stay hydrated, and be sure to keep drinking water after class is done.



COMFORTABLE, TIGHT FITTING GYM CLOTHES

Since you'll be bending and stretching, make sure your clothing is not only comfortable but will move with your body. Overly-flowy tops or wide-legged pants might get in the way, so ditch billowy fabrics in favor of tighter fitting clothes.



WATER BOTTLE THAT'S EASY TO DRINK FROM

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YOGA MAT

You can bring your own yoga mat and towel, however most yoga studios and gyms provide them as well.



TOWEL

A towel will help wipe away sweat or help you maintain a good grip on your mat if it gets slippery.

DO'S AND DON'TS

Any decent yoga studio will be opening and welcoming, especially to beginners. There are a few pieces of advice and etiquette that are good to know before your first class, though, just to make yourself more comfortable. Here are the big ones:

DON'T TAKE A HOT YOGA CLASS RIGHT OUT OF THE GATE

Look for beginner classes—they should be marked as "level one" or "beginner"—and try Vinyasa or Hatha. Hot yoga is fun, but save the heat for later on once you've mastered some of the poses and gotten used to what a typical yoga class is like.

DO FIND AN INSTRUCTOR YOU LIKE

Just like there are different varieties of yoga, each yoga instructor has a different teaching style. Some use upbeat music as you get into a vinyasa flow, and others are more about your internal journey and a relaxing experience. Try a few different instructors on for size to find a good fit—and don't assume they're all the same!

DON'T BRING YOUR CELL PHONE

Nothing kills the vibe of a yoga class more than someone's ringtone going off. Most yoga studios and gyms will have lockers to keep your personal belongings in. Shut your phone off to silent and leave it in the locker.

DO LET THE INSTRUCTOR KNOW IF YOU WANT TO BE ADJUSTED OR NOT

Before you begin any yoga class, the instructor will likely ask the class to raise their hands if they don't want adjustments. Adjustments are used to help you perform your poses with proper form. Most yoga instructors will walk around the class and gently place their hands on you to help you find proper form if you need some adjustment. However, if you'd prefer not to be touched, there is no shame in raising your hand and saying you'd like to skip it.

DO CONSIDER BUYING A PACKAGE

Drop-in classes at most yoga studios will be pricier than if you buy a package of ten classes at a time or one month unlimited. If you want to go back after your first yoga class, consider buying a package to save money.

DON'T BE AFRAID TO GO TO CHILD'S POSE IF YOU NEED

Yoga is challenging. It forces us to sit in discomfort, both physically and mentally, as we work through hard poses and our own limiting beliefs that "I can't do this!" Any yoga instructor worth their salt will both encourage you to work through discomfort but also let you know child's pose or other comforting poses are always available to you if you need a moment. Yoga is all about your individual journey, and you don't need to feel judged for doing what's best for your body.

DO TRY YOGA AT HOME!

Taking yoga classes at a studio or gym is great to get started, but once you've got your poses down, don't be afraid to practice yoga at home, too