



NEW STUDENT PREPARATION GUIDE

BEING PREPARED FOR CLASS

- Wear comfortable, lightweight clothing from natural fibers, if possible. Your body should be able to breathe through your clothing. Our yoga studio has wide range of yoga clothing designed and chosen for Yoga practice.
- We recommend you have a personal yoga mat for hygienic reasons.
- Bring a reusable water bottle and a beach sized towel with you.
- Yoga is practiced barefoot to stimulate the vital nerve endings in the soles of your feet. Wearing socks in the class can cause injuries.
- Yoga is best practiced on an empty stomach. We recommend that you do not eat 2-3 hours before a class.
- Arrive well hydrated before your class starts.
- All FitWithin students are responsible for their own practice. Be conscious and aware of overstretching and injuries. Your body is your temple.
- To avoid any injuries or health problems, check with your doctor before starting to practice yoga.

STARTING CLASS

- Please sign up online to make class start times as smooth as possible. Marlene appreciates your patience and understanding.
- Arrive 15 minutes early to allow yourself time to register, sign-in and prepare for the yoga class.
- Please remove your shoes at the entrance of the studio and check in with Marlene for your class before entering the change room.
- Students are requested to be in class, on their mats, and prepared to practice 5 minutes before start time. This will help ensure that classes start on time and make it such that you are relaxed and ready.
- Inform the teacher prior to yoga class about any serious existing health conditions; back, neck, or joint injuries, recent surgery, high blood pressure or pregnancy.

STUDIO ETIQUETTE

- Observe Silence in the studio at all times and at the entrance of Eastmount's reception area and its hallway. Please respect one another and the space you are in to achieve peace & serenity in the midst of a crazy day! Use your "inside voice"
- Our washroom facilities are outside the studio. Please use before and or after class.

- You must respect silence within the practice rooms before and after class. The practice room is used to center oneself, meditate, and escape the chaos of daily life.
- Please respect others that need this time of silence.
- We ask that you remain in the practice room throughout the entire class unless there is an emergency. Your instructor will explain what to do if you feel the need to leave the room.
- No technology is allowed in the practice rooms. Throughout the rest of the facility, we ask that your phone be kept on vibrate or silent to maintain a peaceful environment for all clients.
- FitWithin is a fragrance free environment, so please refrain from wearing perfume in the studio as heat amplifies odours. We want the practice rooms to be welcoming for all students.
- Please leave all bags and extra items (besides your mat, towel, and water) in the change room. We ask that you leave your valuables at home.

TIPS + REMINDERS

- For women, when menstruating, it is advised to refrain from practicing “breath of fire”, “root lock” (squeezing pelvic floor muscles), + inverted postures. Menstruation is considered “apana” (the body eliminates downward flow) whereas the above techniques encourage upward flow of energy.
- Drinking lots of water after the yoga class is recommended. We recommend having a bath in sea salt or a shower to relax your muscles after the class.
- Relax, Breathe deeply and have a great class.

Let's work together to bring harmony + balance within.

Namaste

Marlene, FitWithin