

breatheYOGA

A T L A N T A

We are glad you are here.

Please refer to our website for any information you may need at

www.breatheyogaatlanta.com

Also, our app is a great way to sign up, reserve your spot in class ahead of time and access all classes and workshops.

It is free for iPhone and android and can be downloaded through the App Store (iPhone) or Google Play (Android). Search [Breathe Yoga Atlanta](#) to download on your device.

STUDIO DETAILS

Yoga can be challenging, but it never be judgmental. Yoga is paying attention to your body and your breath. From here, you will find benefits regardless of your strength and flexibility. Yoga should never be painful! We encourage you to build a regular practice, learn to maintain a flowing breath and grow on small, gradual transformations as you progress. Consistency is key in building a solid foundation.

- Wear comfortable, stretchy clothing. Layers are good as you warm the body and cool it down.
- One of the benefits of practicing yoga is an increase in awareness. As we practice, we are especially in tune with our sense of smell. We are more aware of odors, fragrances and smoke. Please consider practicing in clean clothing that is void of the smell of fried foods, perfumes, colognes and smoke.
- Shoes are removed outside the yoga studio and placed in cubbies in the reception area. Socks may be worn in the studio; however, we recommend you practice in bare feet.
- Mats are available along with blankets, blocks, straps in the back of the studio for your use. Various yoga mats are available to purchase at the studio as well.
- Come to class on an empty stomach or wait a couple of hours after eating, a light snack or fruit may be advisable. Bring water to stay hydrated.
- Please be on time! Arrive at least 5-10 minutes prior to class starting so you have time to get set up and use the restroom (which is located in the back of the studio). For security purposes and the safety of your belongings, the doors are locked when class begins.
- We do not provide child care for classes. For liability reasons, we do not allow anyone in the lobby while participants are in class. Thank you for understanding as we want to protect your belongings.

Special Conditions

Be sure to alert your instructor prior to class if you have any specific health concerns or medical conditions. We are happy to provide modifications to almost all poses. Always advise us if you are pregnant or think you may be pregnant or postpartum.

How do I prepare for my first class?

Please arrive 15 minutes early to your first class. This will allow us to ensure all of the proper information is entered into the computer, our waiver is signed and you are given a tour of our studio. Online per-registration for classes is preferred on our website at www.breatheyogaatlanta.com, but is not required. We welcome drop-in's and will help walk you through the process in person.

What should I bring?

You are not required to bring anything, however, if you have your own yoga mat please bring it. We have mats and props for you to borrow while in the studio as well. We do require that you bring an open mind and a smile.

What class should I take first?

Most classes at our studio can accommodate all levels and new students are encouraged to join any class that fits into their schedule. The best part of coming to any class is that you will see all levels, bodies, and personalities in each class. It is okay if you are not familiar with all of the poses, do what your body will allow and feel free to take a seat or a child's pose at any time. We do offer a beginner's yoga class and a beginner's series which are designed to spend more time working through poses that are new to you.

What is expected of you as a new student?

Every student that walks through our door has a different body and a different life story. All that is expected is a willingness and openness to try yoga and the promise that you will listen to your own body. It truly does not matter what you "look like" when doing yoga, only what you are feeling. We encourage you to listen to how you feel and modify your poses so that yoga feels good in your body! All of our teachers will help you find modifications, but we need your help...only you know how you feel.

Can I eat before practicing?

It is recommended that you wait 30 minutes after a snack and 2 hours after a meal to practice in order to give your food a chance to digest before twisting and bending.

Why don't you have mirrors?

We encourage our students to listen to their bodies and modify each pose to suit their needs.