

What to Know Before Trying Your First Yoga Class

Written by Hailey Hyde

Tuesday, 29 October 2019 15:53 -



While the benefits of yoga are well known, trying your first class can be intimidating. But it doesn't have to be! Yoga is an individualized practice with a variety of levels and classes. People don't start out doing headstands in hot yoga, it's truly a journey that depends on your own fitness goals and experience. Doing some simple yoga homework beforehand can really help you enjoy your experience and attain more of the perks.



Choose the Right Class for You

Not all yoga classes are the same. Take some time to do your research so you don't walk into the most advanced option or a class that's not aligned with your wellness objectives. Look for an introductory class that helps you develop your strength, flexibility, increase your comfort level with yoga and stamina as you start to challenge your mind and body in a new way.

Talk to the Instructor

Start a dialogue with your instructor before the start of class to let them know it's your first yoga experience. Doing so will help them give you guidance and modifications for your fitness level and any past or current injuries. Some instructors, like the ones at YogaSix, offer hands-on assistance throughout class, but if you're not comfortable with these adjustments, simply let them know it's not for you.

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Grab Your Gear or Rent It

While the most important thing you can bring to class is a positive outlook, you will need a few extra items too. But before you make an investment in all of the gear, check to see if the studio gives students the option to rent items like mats, towels and props. Wearing stretchy and comfortable clothing will also allow the instructor to check your alignment and help you move more easily.

When in Doubt, Breathe

Learning to breathe may sound silly but breathwork is one thing yoga focuses on before you even start moving. Take notice of your inhales and exhales throughout class. You may see a difference between your breathing at the beginning of class compared to the end. Consistent and conscious breaths will allow you to connect with your mind and body, while creating awareness and aid you in being more present in the movements. Besides the meditative benefits, breathing brings oxygen-filled blood to your muscles and additional power to your poses.

Yoga Takes Practice

Let yourself be a beginner and know that yoga practice is truly just that – a practice. Just like learning a new language or new activity, yoga will take patience and persistence. Head to your mat without expectation of what you can or can't do. Keeping an open and affirmative mindset will give you the most rewarding experience possible and leave you more apt to come back for round two. --By Hailey Hyde, Director of Operations at [YogaSix Gainey Village](#) and [YogaSix Shea](#)