



Welcome To New Hot Yoga Students

Be prepared to **SWEAT**. It's 95-110 degrees with 50% humidity in the classroom. **WEAR** tight-fitting, lightweight workout clothing. Shorts and athletic tops are preferred. Avoid loose clothing, perfume or cologne. Yoga is a barefoot activity, so please remove shoes and socks before entering the room. **DRINK** plenty of **WATER** before, during and after class (at least 64 oz. daily). Avoid caffeine and alcohol before class. **AVOID EATING** 1-3 hours before class. If you need to, have some fruit or juice at least 1 hour before class.

Please **ONLY BRING** these items into the classroom:

- Yoga mat
- Hand towel
- Large towel (to cover your mat & prevent slipping)
- Water bottle.

These items are available for purchase in the lobby. Cubbies are provided for personal items.

Please be ready in the classroom **ON TIME**, as a late entrance is disruptive and distracting once class has started. If you are late due to unforeseen circumstances, the front desk staff will let you know if there is room in class.

FIRST TIME STUDENTS should try to arrive at least 15 minutes early to talk with the teacher. If you arrive at class time or later, you will need to check in with the front desk prior to entering the classroom.

Please let the teacher know if you are pregnant, had surgery, or have any injuries, illnesses, or special conditions. Class begins and ends in silent meditation (Savasana). Please restrict all conversation to outside the room while being respectful of other classes in progress.

If you begin to feel faint, dizzy or lightheaded, **SIT DOWN** or **LIE DOWN** on your mat. Notify your teacher if you need attention. **PLEASE DO NOT LEAVE THE ROOM.**