

GETTING THE MOST OUT OF YOUR CLASSES

Please arrive 10 to 15 minutes before the commencement of your class

Remember to sign in at reception

If the Studio is not in use then feel free to set your mat up, relax and settle in

Please do not bring mobiles or pagers into the class, if for any reason you must please advise your teacher accordingly

We supply the mats and equipment, if you prefer to bring along your own mat then feel free to do so

Wear comfortable clothing that you are able to freely move in, both Yoga and Pilates are practiced barefoot

Please take care of yourself. Resist the urge to overdo it. Try and start your practice with an intention, maybe to create a clearer mind or stronger body. Whatever your intention, try not to force yourself into the postures. Relax, take your time and remember to breathe. There are no rewards for injuries or 'first place'. Work from where you are, not from where you think you should be.

Take time afterwards to think about what you did in class, so you can retain what you learnt. Review the postures and note any instructions that did not make sense. Even if you only ever remember one thing from each class, you'll soon have a lot of information that can deepen your practice.

Perfecting a Yoga or Pilates pose is not the aim at the start. You will still get the benefits if you only get one tenth of the way.

Develop self-awareness; including the ability to differentiate between a 'good hurt' - deep stretching, and a 'bad hurt' -sharp burning pain.

Concentrate on your breathing in each of the Yoga or Pilates poses. Focusing on the breath will relax you and your body, allowing greater flexibility.

Yoga/Pilates is not a competition. Your focus should remain on you. It's a chance in the week to tune out and not compare you to anyone.

Try not to eat for about 1-2 hours prior to class. A full stomach will make you uncomfortable and tired. Drinks – juice or water - are ok during this time, but try to avoid coffee until after the class.

Identify why you want to start Yoga or Pilates and what you want to gain from regular practice. Give yourself a goal and time frame and commit to attending regularly.

