

## YOGA INFORMATION SHEET FOR CLIENTS

Welcome to Love pamper yoga class!

Here is some important information for you to know before you get started:

What is yoga?

Yoga is an ancient practice from India that combines physical postures, breathing, and meditation to benefit the body and mind. It promotes relaxation and stress relief, improves flexibility and strength, and can also boost overall well-being.

What to wear:

Wear something comfortable and breathable - like yoga pants or shorts and a tank top or t-shirt. Make sure your clothing allows you to move freely and stretch without restriction.

What to bring:

Bring your own mat if you have one (we have some available to borrow). You may also want to bring a water bottle and towel.

What to expect:

During yoga class, you will be guided through various postures and movements. You may feel challenged at times, but it's important to listen to your body and do what feels good for you. The instructor may offer modifications or variations of poses to accommodate different levels of ability.

Safety precautions:

If you have any injuries or health concerns, it's important to let the instructor know before class starts. They may offer modifications or advise against certain movements to ensure your safety.

Etiquette:

Be respectful of fellow students by avoiding distractions. Silence your phone and avoid leaving class early unless necessary. Always clean up after yourself.

We hope you enjoy your yoga practice with us! If you have any questions or concerns, don't hesitate to speak with the instructor.

Namaste.