

First-Time Yoga Attendee Guide

Welcome! We're excited to have you join us for yoga. This guide is designed to help you feel prepared, comfortable, and confident for your first class.

1. Before Class: What to Wear and Bring, Tips

Clothing: Soft, stretchy layers that allow movement.

Yoga Mat and Props: Bring your own or use ours. Mats, blocks, cushions, and blankets are available - use them! Optional: Bring a small towel for extra padding or comfort.

Water: Hydrate beforehand; a water bottle is fine to bring or purchase bottled water available in the refrigerator for \$1.00.

Tips:

- Register for class beforehand to ensure your spot. Find the link to register in the class description [on the Calendar](#).
- Wait at least 90 minutes after eating a meal to attend class.
- Check for last-minute cancellations on [Facebook](#) or by text from your teacher. If you aren't on Facebook, no worries. The feed is also located on the footer of the website. If South Jeff Schools are closed for inclement weather, so is the Center.
- Payments are made to your teacher.
- Bring your completed registration form to your first class. (see page 5)
- [Sign up for the newsletter](#) to get current class promos and listings, Center news, and wellness tips.

2. Arriving

- Arrive 5–10 minutes early to sign in and settle in.
- Introduce yourself to the instructor if you like—they'll guide you and answer questions.
- Choose a spot that feels comfortable for you; you can always adjust during class.

3. Communicate and Personalize

- Let the instructor know about any injuries, stiffness, or health concerns.
 - Use props and modify poses as needed.
 - Move at your own pace; resting is encouraged and perfectly fine.
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4. Breathing

- Focus on slow, steady breaths.
 - Inhale through your nose, exhale gently through your mouth.
 - Let your breath guide your movement—calm and steady breathing is more important than perfect posture.
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5. Mindfulness and Relaxation

- Yoga is as much about mindful awareness and relaxation as movement.
 - Notice how your body feels, what your mind is doing, and allow yourself to rest in the moment.
 - You may find the final relaxation (Savasana) to be the most restorative part of class.
 - The “OM” may be chanted at the beginning or closing of class to aid in concentration, wellbeing, and relaxation.
 - Have fun with your practice! Yoga is a way to know your body, so enjoy yourself.
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6. After Class

- Take a few moments to sit quietly and notice how you feel.
 - Drink water and move slowly if standing up.
 - Consider journaling a thought or feeling—this helps integrate the practice.
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7. Optional At-Home Practice

- Short daily stretches, breathing, or gentle movement can support your yoga practice.
 - Even 5 minutes of seated mountain pose, forward fold, or mindful breathing can help maintain flexibility and calm.
 - Legs up the wall is easily practiced at home and is an excellent posture to do before bedtime. Just 5 or 10 minutes settles the mind and body for sleep.
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Reminder

There is **no right or wrong way** to practice yoga. The focus is on **listening to your body, breathing, and moving with awareness**. Your practice is yours alone—adapted to your needs, comfort, and abilities.

Participation in yoga classes is voluntary and for general wellness purposes only; please listen to your body, modify or rest as needed, and consult a healthcare professional if you have any medical concerns.

We're glad you're here!

We look forward to supporting you on your yoga journey.

Discover upcoming yoga classes on our [calendar](#).

Gentle Yoga Poses to Know

Here are a few postures you may encounter. It's not necessary to know any of these postures or breathing methods before attending a yoga class - the instructor will guide you into and out of postures and will give cues for breathing and movement.

You don't need to do them perfectly—just notice how your body feels.

1. **Seated Mountain Pose** – Sit tall, feet grounded, hands on thighs. Focus on posture and breath.
2. **Seated Side Stretch** – Lift one arm, gently lean to the opposite side. Switch sides.
3. **Cat–Cow (Seated or on Hands & Knees)** – Move slowly with breath, arching and rounding your spine.
4. **Supported Forward Fold** – Hinge forward slightly, resting hands on thighs or props.
5. **Legs Up the Chair or Wall** – Lie back and rest legs on a chair or wall. Arms relaxed.



Yoga Class Registration Form

Please print clearly:

Name: _____

Address: _____

Phone: _____ Birthday _____

Email: _____

Please list any health concerns you are experiencing, including restrictions:

How did you hear about Meadow Path?

____ Facebook

____ Internet Search

____ Radio/TV

____ Instagram

____ Website

____ Referral

____ Friend or Relative

____ Flyer

____ Other

Community Photo Permission

At Meadow Path Healing Arts & Yoga Center, we occasionally take photos to share the spirit of our community in print and digital materials, including our website, social media, and promotional communications.

Yes, I give permission for my photo to be used.

No, I prefer not to be photographed or have my image used.

Agreement

I certify that the information I have provided is true and complete to the best of my knowledge. I understand that participation in activities at Meadow Path Healing Arts & Yoga Center is voluntary, and I assume responsibility for my participation. I agree to release and hold harmless Meadow Path Healing Arts & Yoga Center and its instructors from liability for any injury or mishap that may arise from my participation.

Signature _____ Date: _____