

## CLASS DESCRIPTIONS

**Hatha** yoga is a series of 26 postures that are designed to develop and increase strength, balance, flexibility, and breath control. Hatha is appropriate for all levels, suitable for beginners and challenging enough for advanced practitioners. Detoxify, heal, tone, and stretch. In Hatha, you work every part of the body while burning up to 1,000 calories per class!

**Power** yoga is a high energy flow class that focuses on the alignment of movement and breath. Work to strengthen your core, legs, and upper body to help improve balance, flexibility, and endurance. Challenging and fun, this class builds muscle and burns fat while detoxifying the entire body!

**Hatha Flow** yoga is a mixture of hatha and power.

**Yin** yoga is a gentle practice promoting deep stretching of the connective tissue while using gravity to open and stretch the muscles. Relax and release! This class is suitable for all levels.

## THINGS TO KNOW (New Students and Regular Practitioners)

**\*All New Students must complete New Student Waiver and New Student Registration forms.**

**\*Yoga classes at Stepping Stones are taught in a studio with a moderate temperature (between 76-84 degrees).**

**Even if you've never done yoga, our classes are for you.** Hatha is suitable for beginners and challenging enough for advanced practitioners. Anyone can do yoga regardless of age, size, shape, or condition.

**Flexible or not, you can come to yoga!** The most common misconception that prevents people from coming to yoga classes is that you need to be flexible. Yoga is not about how flexible you are, it's about

**Have a health condition?** Yoga is known as a healing practice for most conditions in the body. Detoxifying the body and strengthening the immune system, yoga can benefit many conditions and provide a healing therapy to the body inside and out. Of course, it is always a good idea to consult your physician with any concerns you may have.

**For your first class, you should expect to just get accustomed to the yoga postures.** At any time in any class if you need to sit or lie on your mat, please feel free to do so. Do your best to stay in the room! You will likely find the first few classes the most challenging but also very rewarding as you detoxify your body and relax your brain!

**Arrive to the Studio Early (No late arrivals allowed).** The studio opens 30 minutes before each class. All students should arrive early and must check in prior to class. First time students must arrive at least 15 minutes in advance in order to fill out paper work and have a quick orientation. Classes start on time. No late arrivals are admitted out of to respect others and their practice. The studio doors are locked when class begins. If you need to leave early, please attend at a class that better fits your schedule.

**Wondering what to wear and what to bring?** Wear light-weight clothing, bring a yoga mat, a large towel, and water (yoga mat and towel are required). Just in case you forget your mat or water, there will likely be items available for purchase.

**Drink plenty of water before and after you take class.** Come to class hydrated! Drinking water during class is more for your comfort. It is recommended not to eat a large meal two to three hours prior to class.

**Purchases.** All sales are final. Classes and products. No refunds, exchanges, or transfers.

**Observe silence in the yoga studio.** No talking allowed in the studio. Observing the silence of the room is sacred. It's a gift we all deserve.

**No shoes allowed in the yoga studio.** Remember to remove your shoes before entering the studio.

**Disable Electronics.** Turn off cell phones, pagers & anything that makes noise and store them outside of the studio.

## **YOGA ETIQUETTE**

- Arrive early.
- Observe the silence of the yoga room (no talking).
- Remove your shoes before entering the yoga studio.
- Turn off all electronic devices (phones, pagers, and anything that makes noise, etc.) and leave them outside of the yoga room.
- Bring with you a yoga mat, towel, water bottle.
- Be mindful of others when you enter the yoga room and when you exit, quietly taking care of your mat and belongings.
- Remember that this is your practice! Don't compare yourself to others.
- Try to stay in the room for the entire class.