

IDEA sheet

Yoga Anyone?

This week we introduce yoga to all. You may be experienced in yoga or you may have never tried it, either way it is great for any BODY! This is a great way for YOU to get to know YOUR body. It is also an activity for all ages and a great way to bring the family together.

There are a few tricky aspects to going to a yoga class. Our weekly videos cover many aspects. Let's review and have a checklist for class and for trying each pose. Let's begin.

To prepare for class.

Before Class

1. Do you need medical clearance to pursue physical activity? _____ if so, GET IT NOW!
2. Hydrate very well days before class. Drink half (½) your bodyweight in ounces. Example, if you weigh 150 pounds? Drink a minimum 75 ounces of water a day.
3. Purchase a mat or ask at the studio if they have mats for students to borrow for class, many do.
4. Call your local yoga studio to request a beginners class, Hatha or Restorative are two classes that are easier.
5. You don't need a skin-hugging colorful outfit. BUT, clothes that stretch and allow full movement. Make sure that you are comfortable in them. Try them on, bend over, sit down on

the floor, are your clothes going to work out? All else fails, go shopping!

Bring to Class

1. A reusable water bottle, filled with cool water
2. Yoga Mat (unless you are borrowing) and small hand towel (just in case a bit of sweat needs to be wiped off).
3. Comfortable clothes !
4. Cell phone turned off!! Yes, not just silent, OFF! You can manage the time away from the master!
5. Only bring a purse that you can close and set aside near the wall, away from the actual exercise area as much as possible.

At Class

1. Arrive early to settle in, leave your shoes in the lobby area and use your indoor voice. Keep talking to a minimum.
2. Be courteous of others, leave 12 inches from the mats next to you (if there is that much room, I have been in classes where you are real close).
3. Sit on your mat quietly until class starts, then listen and move at your own pace.
4. Raise your hand if something just isn't making sense, or you are uncomfortable.
5. Stop and breathe slowly if class gets too difficult or fast paced. This is YOUR class, for you, at your pace, Learn "Child

Pose” it is a great way to chill out in class and still be doing a pose.

6. When class is over, after relaxation, exit quietly and thank the teacher. Namaste is a common salutation, which means, “I honor the spirit inside you”.

Review the yoga poses on the **MyMostLifeTV YouTube** channel or accessed directly via the website mymostlife.com

Attempt each pose and remember the pose names, you will come across these poses in most starting and advanced classes.

Checklist Stretching and Twist Poses

- Relaxation Pose (note) _____
- Pigeon Pose (note) _____
- Seated Breathing Pose (note) _____
- Lying Side Twist (note) _____

Checklist Strength and Balance Poses

- Introduction and Sun Salutation Pose (note)

- Downward Facing Dog (note) _____
- Warrior pose explained (note) _____
- Warrior Poses (note) _____
- Tree Pose (note) _____

You are Ready.

Next Steps are Action Steps:

- My nearby Yoga Studio is _____
- I have asked _____ to go with me
- I ensured they have beginning classes _____
- I have been to yoga and they have classes
that meet my needs
- I will take _____ class
- I have reviewed each pose to get ready for the class
- My class is set for _____ am/pm _____

I can celebrate - I am doing something for me and my body!

You are Living it!! Visit **mymostlife.com** for more inspiration

Design your life, dream it and LIVE it!