

New to Yoga

The roots of yoga go back 5,000 years. It is not a religion, but it embodies unifying principles embraced by virtually every religion – Love…Compassion…Kindness…Respect…

Poses Yoga focuses on the physical postures, breathing techniques, and meditation to bring about better body awareness, stress relief, and well being. A sustained yoga practice develops consciousness, focus and inner calm. We invite you to explore and be open to all the benefits that yoga may bring into your life

At Poses Yoga…No Experience or Flexibility is Required!

Getting Started

- Yoga is practiced barefoot on a mat. Mats are available for rent at the studio.
- Avoid any heavy meals at least two hours before class.
- Drink plenty of water during the day – it is essential even when you are not practicing yoga.
- Wear comfortable exercise clothes that will stretch. Avoid baggy tees that tend to fall over your head during forward and back bends or inversions.
- Let go of competition to avoid injury. Honor your body and work at your own pace.
- Let go of expectation, be present, and trust that whatever brought you to the mat will be fulfilled.

……Flexibility comes with practice