

FIRST CLASS CHECKLIST

25 things to tick · more at yogaphilippines.com/guides/your-first-yoga-class/

A DAY OR TWO BEFORE

- ☐ Pick a class labelled beginner, basics, gentle or all levels.
- ☐ Check the schedule on the studio's own website or app, and book if the studio asks you to.
- ☐ Read the first-class or intro offer, the cancellation window and whether mats are free or rented.
- ☐ Check how you will get there and where to park or get dropped off, and allow extra travel time.

WHAT TO BRING

- ☐ A mat, unless the studio lends or rents them.
- ☐ A water bottle.
- ☐ A small towel, or a large one for a heated class.
- ☐ Clothes you can bend and stretch in: fitted, not baggy.
- ☐ A hair tie, and something dry to change into.
- ☐ Your booking confirmation and a way to pay.

BEFORE YOU LEAVE

- ☐ Eat lightly: a small snack an hour or two before usually sits better than a full meal.
- ☐ Take off jewellery that could catch or press.
- ☐ Skip strong perfume; rooms can be small.

WHEN YOU ARRIVE

- ☐ Arrive 10 to 15 minutes early to sign in and fill in any form.
- ☐ Tell the teacher it is your first class, and mention any injury or condition.
- ☐ Take your shoes off where the studio asks, and silence your phone.
- ☐ Set your mat where you can see the teacher, often the middle of the room.

DURING CLASS

- ☐ Rest in Child's Pose whenever you need to. Nobody minds.
- ☐ Skip anything that hurts. Sharp pain means stop.
- ☐ Use the props: blocks, straps and blankets are for everyone.
- ☐ Look at the teacher or a neighbour if you lose track of a cue.

AFTER CLASS

- ☐ Stay for the final rest, Savasana, if you can.
- ☐ Wipe your mat and put any props back where you found them.
- ☐ Drink some water.
- ☐ Note what you liked, and book the next class while you remember.