



## What to Expect at Moon River Yoga Classes

### Frequently Asked Questions Regarding Yoga

#### ● What if I have never done yoga before?

No Problem. Just let your instructor know at the beginning of class. They will guide you along and show you alternate ways to do poses.

#### ● Do I need to sign up in advance?

Yes, we need to limit our classes and it is not encouraged to try and drop in. We will be limiting our classes to practice safe social distancing. Please be respectful of those who may be waiting to get into a class if you know you won't be able to make it. **We do have a late cancel policy:** *due to limited class sizes, we will be charging a drop in rate of \$22 for any late cancels (within 12 hours to the start of class) or no shows. Thank you for understanding.*

#### ● What if I have an injury or physical condition?

We recommend if you are unsure please check with your doctor before starting any physical routine. You will be required to fill in a Health Form that will be supplied to you in your appointment reminder email.

#### ● What if I fall asleep or snore during Savasana?

Savasana is a quiet, meditative end pose usually done at the end of any yoga practice. If you fall asleep (or snore) the teacher will bring you back their voice. Many people have fallen asleep, that's ok. Sometimes that is the pose you need, even if it's for the whole hour.

#### ● What if I can't do what the person on the mat next to me is doing?

Don't try to do what anyone else is doing. Yoga is an individual practice. It's not a competition. The teacher will show the pose, explain how to get into it and also show modifications. This is the time to listen to your body. This is your practice, and it's called a *practice* for a reason. Enjoy it safely and with confidence.

#### ● What do I need to bring with me?

You must bring your own mat. We also recommend a water bottle (hydration is important - always. We encourage you to bring blocks (we sell them if you do not own them) and a strap or belt to assist in stretching. Optionally, you can bring a pillow or bolster to help support you in some postures, a blanket which can be used for support and as a covering in Savasana.

Do you have more questions? Please don't hesitate to contact us  
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