



## Ocean Thoughts Yoga

- Arrive on time for your class.
- All classes start with a prayer. If you are late for the class you will miss the best part.
- Arrive a few minutes early.
- Entering class constantly late is very disruptive and disrespectful to others, and also to your nervous system. If you do arrive a few minutes late, take a breath, unravel your mat outside, and then enter as slowly and quietly as you can. Consider being prompt as a part of your practice.
- What to wear?  
It's best to wear clothing that is non-restrictive. Generally, any workout clothing is appropriate. Wear layers of clothing for heating up and cooling down. •Remove distracting jewelry. And be prepared to remove your socks, the practices are usually done in bare feet.
- Eat lightly, or not at all before class. Generally, yoga asana is best practiced on an empty stomach. This way your yoga practice does not interfere with the digestion process. If you must snack, eat something small like a piece of fruit an hour before.
- No food or beverages.  
If necessary, bottled water is okay, but it is recommended to avoid constant sipping. We aim to generate internal heat; constant sipping cools the body. •After practice, drink plenty of pure water.
- Acquire and use your own yoga mat.  
We recommend using your own mat. Mats are available for rent if you have forgotten yours.
- Let go of Competition!
- Give yourself this opportunity to just be, just as you are. Practice in an atmosphere of honoring your own body and abilities, not the person's next to you.
- Health problems. Advise your teacher before class of any significant health problems, injuries, or conditions.

[www.oceanthoughtsyoga.com](http://www.oceanthoughtsyoga.com)