

Yoga For All FAQ

Do I need any equipment?

- A yoga mat will make your practice safe and enjoyable. Yoga blocks and straps are nice to have, but not at all necessary. It would be best to try a few classes first before spending any money on additional accessories.

I am a beginner and am intimidated to start. Will I be able to participate at my experience level?

- Yoga at its core is moving with your breath. So yes, anyone can participate and find success in their own body! The instructor offers modifications for poses so that they fit all experience levels and bodies. The first few classes can feel a little fast and overwhelming, BUT hang with it and as the names of the poses and the flows of the class become more familiar, you will find a rhythm and feel right at home.

If I am pregnant, can I still take this class?

- If you have cleared this with your doctor and are fairly early in your pregnancy, then yes. However, the instructor is not trained in prenatal yoga and so as you progress through your pregnancy and your body is showing changes it would be best to look for yoga with an instructor better versed in how to modify for pregnant bodies.

Are there recordings of any classes?

- Not yet! But they are coming! Stay tuned!

What type of yoga is this class?

- This yoga class is a basic vinyasa flow class. This means that we do a wide variety of yoga poses linked together by a set of flowing movements, called a vinyasa, that helps move us from floor, to standing, and back again.

Other questions?

Email christineoliver@smsd.org. She is ready and excited to get you onto your mat and will help in any way that she can!