



## First Class Support Yoga

**With roots deeper than 5000 years, yoga's overall goal is nothing short of complete inner harmony, health and balance. With an ever expanding list of physical, mental and emotional benefits, yoga is rightly being referred to as a "fountain of youth".**

Yoga has become renowned for its ability to improve flexibility and balance but the overall benefits are far more extensive:

- ✓ Improve muscle tone and definition
- ✓ Increase physical energy
- ✓ Enhance concentration and mental clarity
- ✓ Increase mobility and range of motion of joints, ligaments and tendons
- ✓ Improve blood flow and toxin elimination from muscles and organs
- ✓ Reduce physical and mental stress leading to greater inner peace and less external conflict



### Who does yoga?

With so many physical and psychological benefits, it is no surprise that many professional athletes and sporting teams, such as the **Canadian Alpine Ski Team** and the **Fernie Ghostriders**, have incorporated yoga into their training programs.

## Your First Class

Classes are held in our *Karma Studio* directly behind the front lobby, to the right as you enter the building. Don't forget to remove your footwear and sign-in with the front desk! Class may include up to 16 participants. Yoga classes consist of a combination of physical postures and movements, breathing exercises and meditation. You do NOT need to be super fit or flexible to begin yoga!

**Ready to try yoga?** Here's all you need to get started:

- ✓ A yoga mat, mats are provided in the studio if you do not have one!
- ✓ Appropriate clothing that allows free and unrestricted movement.
- ✓ A warm sweater or blanket for end of class
- ✓ A water bottle
- ✓ You may be asked to grab a block, strap or other accessory as you enter



## Yoga Tips

- ✓ **Ask questions:** If you are unsure of a pose or movement,.
- ✓ **Do a warm up:** Cold muscles, tendons and ligaments are more vulnerable to injury.
- ✓ **Beginners** should start slowly and learn the basics first, try concentrating more on breathing, rather than trying to stretch farther.
- ✓ **Know your limits:** Yoga is a personal practice. Do not try positions beyond your experience or comfort level. Just because the person next to you is trying it doesn't mean you have to!
- ✓ **Choices:** We offer a variety of forms; some more strenuous than others, some that focus on meditation, some that focus on strengthening...choose the class that is best suited to your goals, needs and ability!
- ✓ **Don't forget to register:** Yoga is included with your evolution membership but you must reserve your spot! Phone or see our front desk today!