



tips to help you make your first class a success

hi there!

thanks for visiting our site, now it's time to come see us in person! we want to make sure you have the best first class ever at burn within yoga, so here are some tips to help you make this happen!

get here early

try to arrive at least 15 minutes before your class starts, so we have time to show you around and tell you everything you need to know...things like where the bathrooms are, where to put your things, and what you'll need for class. you'll also have time to ask us any questions you have before class starts. we lock the front door at the class start time.

get a good spot in the room

all the spots in the room are good, but the best spots for beginners are toward the middle of the room. then you'll be able to see people around you no matter what direction you are facing. if you are having trouble finding a spot, just ask your instructor for help. we'll be happy to get you where you need to be.

what to bring

1. mat - most people bring their own yoga mats. if you don't have one yet, we rent them for \$1. we don't charge the rental fee on your very first class.
2. footwear - bare feet
3. water - many people like to bring water with them. we also sell bottled water for \$1
4. towel - some people like to bring a hand towel with them, we also provide them for you to use if you want to use ours.
5. clothing - you'll want to wear clothing that won't restrict your movement: yoga pants/tights, or sweatpants, and a shirt that is either tight, or long enough that you can tuck it in. You don't want to have to worry about it coming up when you bend over :)

be proud of yourself

taking your first class in a new studio is a big deal! it doesn't matter if you "nailed it" or took a million breaks. you did it and you can do it again. remember you are your toughest critic! don't be hard on yourself and don't compare yourself to everyone else in the room. you are there for yourself, remember that and one more tip.....

come back tomorrow!