

YOGA CENTERS

Intro to Yoga

Welcome to our Intro Series at 8 Limbs Yoga Centers! To help orient you, we've put together this brief overview. Please take a few moments to look it over.

Hatha Yoga and its Benefits

Hatha Yoga is the ancient practice of physical postures, breath work and meditation for overall physical and mental health. Our Intro to Yoga Series explores the basic practices taught in many Hatha Yoga classes.

While Hatha Yoga benefits people in different ways, it's generally found to strengthen and tone muscle as well as balance metabolism. Regular practitioners of yoga often experience a greater sense of energy, focus, and balance, and find it easier to relax.



What to Expect from your Intro Series

Challenge

The level of challenge experienced varies among students. It is important to keep in mind that yoga is a non-competitive practice. We encourage students to focus on their own body and experiences felt within the poses.

Support

Our teachers are experienced in teaching groups of beginners with a range of fitness levels, limitations and backgrounds. While general instruction of different poses will be taught, teachers also offer modifications enabling students to practice at their individual level. We will do our best to provide teacher assistants for additional student support when classes are larger.

Size

Class sizes vary but tend to be between 15 and 30 students. Classes are also typically smaller after the first class as usually not every student is able to attend each week.



How to Prepare for Class

Clothing & Props

Wear something you feel comfortable moving in. Please avoid particularly baggy or loose clothing so that teachers may check your alignment. You will need to bring your own mat or rent one of ours for \$2 per class. All other props are provided free of charge. Mats are available for purchase at our studios, and are 10% off for all Intro Series participants the first week of your series.

Water & Food

Students are encouraged to hydrate before and after class, but drink only if needed during practice. Please bring your own water bottle or cup as we do not sell disposable water bottles or stock cups for our water coolers. We also encourage students to practice on an empty stomach and to refrain from chewing gum during class. A light snack before class is fine if needed.

Physical Conditions

BEFORE CLASS, let your teacher know if you are pregnant or if you have any injuries or physical conditions that could impact your practice. While yoga is often challenging and not always comfortable, yoga should not hurt. If you experience any pain, stop what you are doing and alert the teacher. Your teacher can help you with modifications. If a modification doesn't feel right, let your teacher know.



Studio Etiquette

By following some basic studio etiquette, students help foster a safe, healthy and welcoming practice space for everyone.

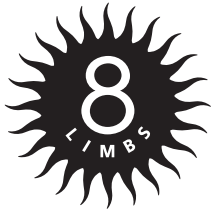
Class Times

Please sign-in to class at the front desk BEFORE class. Plan to arrive at least 5 minutes before class and stay through the end of class.

Opening Meditation

Should you arrive during opening meditation, we ask that you wait quietly outside of the studio until opening meditation is complete and movement has started.





YOGA CENTERS

Capitol Hill

500 East Pike St, 2nd flr
(corner of E Pike & Summit)
Seattle, WA 98122
Phone: 206.325.8221

Phinney Ridge

6801 Greenwood Ave N
Seattle, WA 98103
Phone: 206.432.9609

Wedgwood

7345 35th Avenue NE
(just south of NE 75th)
Seattle, WA 98115
Phone: 206.523.9722

West Seattle

4546 1/2 California Ave SW
(alley entrance, above Jak's)
Seattle, WA 98116
Phone: 206.933.9642

www.8limbsyoga.com

Quiet

Prior to entering the studio, please remove your shoes and turn off cell phones and pagers. Once in the studio, roll your mat out quietly.

Health

We ask all students to observe basic hygiene while attending class. Please have clean hands and feet, especially if using our yoga mats. Refrain from wearing perfumes and oils as others may be allergic.

Props

At the end of class, please clean your mat with the provided mat cleaner spray bottle. Put away all props neatly and in their proper place.

Key Policies

Memberships and Series

All memberships, including this series, are non-refundable and non-transferable.

Missed Classes

If you miss a class you may make up one class per session in a different Intro Series (or Level I) class up to two weeks after the end of your Intro Series. Please call to make sure there is room in the class as Intro Series often fill.

Yoga Resources

Recommended Books, DVDs and Videos:

Yoga: The Iyengar Way by Silva, Mira, & Shyam Mehta

Meditations From the Mat by Rolf Gates

The Art of Sequencing by Melina Meza

Yoga, Mastering the Basics by Sandra Anderson & Rolf Sovik

Various titles by Rodney Yee, Donna Farhi and BKS Iyengar

Props

Mats, bolsters, straps and other yoga props can be found at a number of online and retail stores. Check out the 8 Limbs Boutiques for a great selection including many eco-friendly props.

Practicing Yoga after an Intro Series

Classes

Level I classes are the best options for students coming out of an Intro Series. All Levels are also a good match, but will tend to be less focused on the basics. Students are also welcome to repeat the Intro to Yoga Series. You may also check with your teacher for suggestions.

Intro Series Promotion

During the first week of your Intro Series receive **10% off any yoga mat.**

During the last week of your Intro Series receive a one-time **10% discount on any class package.**

Memberships

After completing one or more Intro Series, our one-time \$108 2-month special can be a great way to try out a variety of classes and teaching styles. We also encourage you to talk with the folks at the front desk. Based on your schedule and how often you plan to take classes, they can help you choose your best membership option.

Private Sessions

If a led, group class does not feel quite supportive enough for your individual needs, one-on-one work is available from most teachers.

If you have additional questions about yoga and your practice please check in with your teacher. Questions about memberships and policies should be directed to the folks at the front desk.

Namaste!

8 Limbs Teachers and Staff