

TOP TIPS FOR A GREAT FIRST CLASS

BEFORE CLASS

- Drink plenty of water ahead of time. Think half of your body weight in ounces in the day leading up to class.
- Avoid eating heavy meals for up to 3 hours before class.
- Wear light, non-restrictive clothing. Ladies, think shorts or leggings, jog bra or halter top. Gentlemen, wear shorts or bathing trunks. T-shirts are optional. Be prepared to sweat, a lot!
- Bring a mat, a large towel, and water. We also have filtered water available to fill up your water bottle.
- Arrive no less than 15 minutes early. This way, you can meet your teacher, get set up in the room, and start on time.

DURING CLASS

- Listen carefully. Teachers will tell you what to do, how to do it, and why you should do it. Follow along the best you can. If you miss something, we do almost everything twice – so you can try again the second time.
- Sit down and rest if you need to. Try your best not to leave the room.
- Remember to breathe. Work less, breathe more.

AFTER CLASS

- Stay in savasana. Your first instinct may be to get up and go—stay! Savasana helps you recuperate and recover and allows your heart rate and breath to return to normal. We recommend at least two minutes.
- Replenish with electrolytes to help prevent headaches or cramping.
- Take a second class within 1-2 days to help you learn the series, get used to the heat, and maximize your benefits.

TAKING YOUR FIRST CLASS

ONLINE? Here are a few extra tips.

BEFORE CLASS

- Use a yoga mat or practice on carpeting with a large towel. Have water on hand.
- Give yourself enough time to log into Zoom. Classes start promptly as scheduled, so sign on at least five minutes early to avoid any technical difficulties and say hi to your teacher!
- Got a space heater? Excellent. Fire that bad boy up! If not, don't sweat it.

DURING CLASS

- Adjust your camera when we move to the floor. That way, your teacher can continue to make sure you are practicing with safe technique.

AFTER CLASS

- Don't skip your final savasana (dead body pose). We know you're already at home; it can be easy to go – stay in it for at least two minutes. This savasana is an essential part of Bikram Yoga. It helps you recuperate and allows your heart rate and breath to return to normal.



BIKRAM YOGA SAN JOSE