

# Spa Therapy YOGA

*with Krystie*

## ***What do I need for my 1st Beginner Yoga Class?***

Yoga is done in bare feet on a yoga mat. Even the most basic yoga stretches require clothes that can stretch or move, so wear the most comfortable outfit that allows you to move around easily. If you're doing a gentle, slower class, then dress warm (sweat pants, long sleeve shirt) and if it's a more rigorous class wear shorts and a t-shirt or a tank top. Krystie will often suggest you to wear what makes you feel good.

Some classes use additional equipment or props, such as straps, blocks, bolsters, blankets and chairs. You don't need to purchase any of these to begin doing yoga. If you're going to attend a class at our studio we will provide everything that you need. If you're going to purchase anything, you should buy a yoga mat. We treat our mats with anti-bacterial, anti-microbial, and anti-fungal spray after each class.

## ***How do I know if yoga is for me?***

Yoga is accessible for everyone, no matter what you look like, how old you are, how you dress, how much you weigh, what you do for a living, where you live or what religion you practice. Yoga is in no way exclusive. It's possible that you have a certain condition or a recent injury that makes it challenging or dangerous to do certain types of yoga, specific poses or breathing techniques, but there will likely be safe alternatives that Krystie can help you with. If you are 55+, out of shape or extremely inflexible, begin with a gentle class until you feel it's safe to move onto something more challenging. Never be ok with pain. A certain amount of discomfort is ok, but pain is your body's way of telling you to back off.

## ***Why Should I Do Yoga?***

There are so many benefits of doing yoga. Yoga can help you:

- improve and maintain the health of muscles, joints and organs
- keep your mind healthy
- get a better night's sleep
- improve performance and prevent injuries in sports
- speed recovery from training
- prevent conditions such as diabetes, heart disease and auto-immune disorders
- slow down the negative effects of an office job
- increase your sense of happiness and well being.



It's a practice that is both physical exercise, helping improve toning, stamina, posture, strength, balance and flexibility, as well as a discipline that helps you de-stress, relax, feel healthier and more energetic.

The best way to know if yoga is for you is to give it a try. We will let you know what classes would suit you best and give you any advice you need before practicing. If you are someone recovering from an injury or are of poor health we recommended to see a physician before practicing. Especially if you think there may be risks associated with practicing yoga.

### ***What do I need to know before doing my first class?***

Many of the expectations of a yoga studio are similar – arrive early, don't wear perfume. Questions are always welcome, but you may want to ask at the beginning or end of the class, depending on how many students are present

A yoga class is meant to be a place where you feel comfortable and cared for – a space without judgment. Don't worry if you are unable to keep up with everyone. It's more important to go at your own pace to ensure that you do everything safely. You don't need to know the names of poses to participate. Krystie will provide clear instruction throughout and tips for alignment and positioning.

### ***What About Yoga and Weight Loss?***

Yoga is not a good cardio workout, so it is generally not an effective way to lose weight. However, it is a whole body workout that can make you work very hard, sweat and, in some cases, exhaust yourself. Its strength is in toning the body through challenging physical exercise and improving overall health through increased flexibility, body awareness and relaxation.

### ***How do I know which style of yoga to do first?***

If you have never done yoga before, the best place to begin for most people is with a beginner yoga class. Our Beginner's Yoga generally spends more time on physical postures, as opposed to mantra, learning Vinyasa poses for sun salutations, and moves slow enough for anyone to keep up while focusing more on safe alignment. If you are 55 or older, this is a class you can do!

If you consider yourself to be very inflexible, don't feel discouraged! You will benefit just as much as anyone else but you may need to give it a little more time to realize the effects. You may want to consider trying our Restorative Yoga class. Restorative Yoga is gentle, meditative, and deeply relaxing. Experiencing Restorative Yoga is true relaxation and is a deeply rewarding experience. If you are quite fit already and enjoy a really challenging yoga workout, our Power Vinyasa Yoga may be for you. Our Power Vinyasa is energizing and strengthening overall. Power Vinyasa will teach you to move into extremely challenging poses effortlessly, with a calm mind and steady breath, which is invaluable to us all in our busy lives.

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### ***What should I expect from Spa Therapy's Yoga classes?***

Our classes are anywhere from 1 hour in length and the class size can be 2 to 8 students. You can book online same day for Wednesday classes, which is great if your schedule is unpredictable, whereas our Sunday classes require that you register and pay prior to the class date. If you have called-in on Saturday to reserve your spot for Sunday, please bring cash to your class.

Depending on the class size, Krystie may be able to give you individual guidance and adapt the poses to your needs. If you have difficulty doing certain poses, you can be shown an alternative. Krystie may also include the benefits of many of the poses you are doing in class.

### ***How often should I do yoga?***

If you're able to practice yoga 2-3 times or more per week, you will likely see significant improvements in areas such as flexibility, joint range of motion, strength, balance, ability to manage stress, quality of sleep, happiness and overall well-being. Everyone's bodies are different, so this of course is relative and specific to you. Practicing a beginner yoga routine once or twice per week will help you maintain things as they are, while possibly seeing some smaller improvements over time. Like anything fitness-related, the more time you can dedicate to it, the more beneficial it will be.

### ***The Yoga Mindset***

At the root of yoga is self-inquiry. Everything we do, whether it's a yoga pose, a meditation, a mantra or a breathing technique (pranayama), has the purpose of encouraging us to connect to our bodies and our life experience in a more meaningful way. For example, understanding the balance of effort and release in your yoga practice requires constant attention and sensitivity and has profound meaning in our everyday lives as a meditation on balancing stress and relaxation.

Yoga's origins come from a deeply-felt drive for self-understanding, physical and emotional release and total well-being. It's much more than the physical experience of a yoga pose. It digs deep into the reality of who you are, what you want and why you are here. As you spend more time doing yoga, you will likely dig deeper into the layers that make up who you are as a person. Yoga helps you let go of old patterns, feel more open and happy and connect with friends, family and your world in a more meaningful way.

I hope, that this article has provided you with all of the information that you need. If you do end up taking your first class, send us an email and tell us about your experience.

We wish you the best in whatever journey you're on.

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