



THANK YOU FOR REGISTERING FOR YOGA AT MONTGOMERY CHIROPRACTIC PLUS!

Here are some tips and tricks to help ensure your YOGA experience is the best it can be!

What to Wear:

- Bare feet but you may want to bring some socks to keep your toes warm during Savasana.
- Comfortable clothing that is light is best. Bottoms can be loose but it is best if tops are a bit fitted, so they don't slide up during class.
- Layers are good, to take off or put on as needed.
- Some students like to bring a wrap or a blanket to use during Savasana at the end of class.

What to Bring:

- Yoga Mat.
- Towel if your hands tend to get sweaty.
- Water, Hydration is important throughout any exercise.

What to Eat:

- It is best not to eat a big meal before Yoga, a light snack is best 1-2 hours before class.
- Water is important to hydrate all day, but it is important to drink lots of water on the days you are going to do Yoga.

Please Remember:

- Arrive at the studio at least 15 minutes early to set up your mat and get settled.
- Please be considerate of the other Yoga students and don't be late.
- Leave your shoes in the foyer, to keep the floor clean during class.
- Place your personal belongings in the storage cubicles or along the wall, coats can be hung in the cabinet.
- Please turn off your cell phone and use your inside voice.
- If you cannot attend one of your scheduled classes, you can make up a class on another day during that session only. It is your responsibility to organize when you do a makeup class. Makeup classes cannot be carried over to the next session. Please call Reception to confirm the classes available.

Also:

- Your Yoga Instructor is there to guide you through the class and make your experience comfortable and the most beneficial for you. Your Instructor will coach you and correct you throughout your practice. If you need anything during class, please talk to your Instructor.
- If you can't talk to your Instructor, please feel free to talk to Reception.

RELAX, BREATHE and ENJOY YOUR CLASS!

**Any Ideas, suggestions or comments?
Please contact Reception at (403) 247-3231
or email us at reception@mcplus.ca**

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