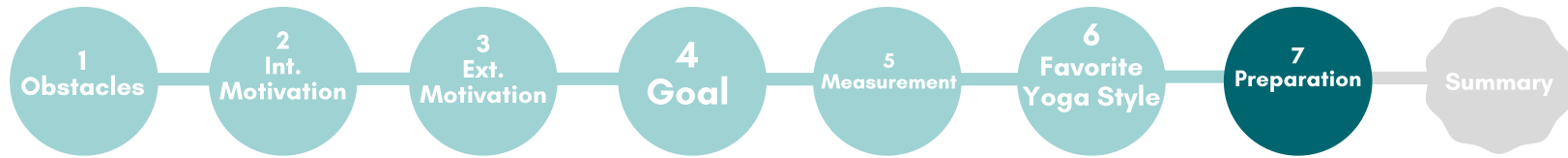


# DAY 7. PREPARING FOR YOUR YOGA CLASS



Good preparation helps you achieve your goals faster, reduce the risk of injury, get the most benefit, save time and stay motivated.

Here are some important things to keep in mind before any yoga session:

- ◆ Select the appropriate class for your level of experience.
- ◆ Choose a well-lit and spacious place. Enough space to stand up and stretch out your arms to the sides.
- ◆ Prepare comfortable clothing so that you can move freely.
- ◆ Choose the right mat thickness. If you are a beginner, a thicker mat will probably be better for you. This will help prevent pain. It is also very important that the yoga mat is nonslip.
- ◆ If you choose to do a short yoga class, keep in mind that it is important to warm up properly before each lesson. Full classes that are longer usually include warm-up and cool-down but short classes not always.



- ◆ Avoid having heavy meals for two to four hours before practice.
- ◆ Stay hydrated before your class but don't drink too much water because you can feel sick.
- ◆ Avoid alcohol and drugs before any workout, yoga practice, and meditation.
- ◆ Consult your physician regarding the type of yoga and your physical condition before practicing it.

You can find more useful tips in [GUIDE FOR YOGIS](#). This guide you can find and download in the [Materials](#) section.

## WHAT CAN HELP TO PRACTICE YOGA MORE EFFECTIVELY?

### Troubleshooting

One disruptive factor can be spending so much time online (social networks, movies, games) that there is no time left for anything else, especially your yoga session. This type of interference can be easily eliminated by downloading special applications that help to limit the time spent on your computer and phone. Some examples: For phone: StayFree – Phone Usage and Overuse Reminder, YourHour – Phone Addiction Tracker and controller, Qustodio (all devices). For Computer: Makuamon, Computer Time Limiter, Time Boss.



## Do yoga in the first half of the day (or choose the best time for you)

Another great way for people who like to get up early, but can also be used by others if they have enough time is to do yoga in the first half of the day. If you are not a morning person, just choose the right time for you.

## Having an exact plan

When you plan exactly what you do, when you do it, what you want to achieve, and how you measure it, it gives you far more benefits. The plan allows you to schedule workouts in advance, which saves you a tremendous amount of time and helps you exercise more efficiently.

## Get ready in advance

The easiest thing you can do before a yoga session to save a lot of time is to prepare things you are going to need in your session (for example yoga mat, blocks, water, clothes, etc). Prepare them in advance and put them in a place that you can reach quickly. Your time will be planned efficiently and you will not need to search for things at the last minute.



## TASK 1. A LIST OF YOGA ITEMS

The purpose of this exercise is to create a personal list of necessary items you will need in a yoga session

Make your own personal list of what you need to prepare before your yoga session (clothes, mat, water).

### EXAMPLE

I need to prepare in advance:

Yoga Mat

Clothes

Water Bottle

Blocks