



Know Before You Go

Preparing for Your Upcoming Happy Mama Yoga Light Appointment

We are looking forward to supporting you in this gentle, movement-based session. This visit is designed to help you relax, connect with your body, and build comfort through light stretching and guided breathing. Here are few tips that will help you get the most out of your session:

❖ **Arrive 10 Minutes Early**

Please plan to arrive 10 minutes early, whether your visit is in person or virtual. This allows you to:

- ✓ Get settled and ready
- ✓ Start on time without interruption
- ✓ Prepare your space and materials

For virtual visits, this is especially helpful to check your internet, camera, and audio.

❖ **Create a Safe and Respectful Space**

To support both your experience and others in the session:

- ✓ Keep your camera on so we can guide you during practice
- ✓ Keep your audio muted unless speaking
- ✓ Keep doors closed to reduce background noise and prevent interruptions

❖ **Keep It Confidential**

We ask that you honor this as a confidential space.

What is shared during the appointment stays within the appointment.

- ✓ Consider using headphones or earbuds if attending virtually.

❖ **Prepare Your Practice Area**

This is an interactive session. Please have a space where you can move comfortably.

You will need:

- ✓ A clear area about 6 feet by 3 feet
- ✓ Room to stand, sit, and change positions safely

❖ **Gather Your Materials**

Please have the following items ready:

- ✓ A **yoga mat** (or a towel or soft surface if a mat is not available)
- ✓ A chair (alternatively, access to a sofa or a stationary ottoman with no wheels)
- ✓ Two large pillows (sofa pillows work great!)



- ✓ A **blanket** (*optional for added comfort and support*)
- ✓ A towel
- ✓ A water bottle

These items will help support your body during movement and rest.

❖ **Wear Comfortable Clothing**

Choose clothing that allows for easy movement and stretching. Bare feet or no-slip gripper socks are best.

❖ **Stay Hydrated**

Have water nearby so you can stay comfortable throughout the session.

❖ **Listen to Your Body**

This session is designed to be gentle and supportive.

- ✓ Move at your own pace
- ✓ Modify as needed
- ✓ Take breaks whenever necessary

There is no pressure to keep up or do everything.

❖ **Bring Your Support Person (*Optional*)**

Your support person is welcome to join, especially if they would like to learn ways to support your comfort and relaxation. Please notify our office prior to your appointment that your partner will attend. **Partners will be allowed to join 30-minutes after the start of the appointment. Your doula will make an announcement inviting participation.** Partners who join prior to this time will be asked to step away for 30minutes.

❖ **Relax!**

This is a safe and supportive space. There is no pressure to do everything perfectly. We are here to guide you every step of the way.



Taking this time for yourself is an important part of your journey.

See you soon, Mama