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Bring to class:

Yoga Mat

Blanket

Water Bottle (optional)

Wear:

Recommended-Yoga pants
(or track pants)

Loose top-comfortable that allows movement

Sweater or Hoodie –to keep warm after practice

Prior to Class:

Light snack, heavy meals not recommended

Warm bath or shower to relax muscles

Any Questions? Call 519-245-6349 or text [226-448-6349](tel:226-448-6349)