

SOUL ution

You don't need to be fit, flexible or athletic or have any prior experience to get started. Your simple desire to learn and create a healthy habit is more than enough!

Often people ask which classes we recommend for beginners, and the truth is - it depends on your current level of fitness and what your goals are. We have Class Descriptions on the website with lots of details to help you pick the class that is right for you.

To get started, we make it easy.

1. Either when you arrive or prior to arrival, you will need to fill out a brief Health Assessment and Waiver. **You can complete the Health Assessment [HERE](#)** which means you'll be ready to sign up for your first class. You can't book classes until you've done this step so if you're planning to practice with us, **that is your very first step.**
2. Purchase your New Student Intro Trial online OR at the Studio for your 1st class. **This can only be purchased the first time you come to the Studio** and is not available for future purchases. We have a 7 Day Intro Trial for \$35.
3. Arrive 15 minutes before the start time of the first class you want to attend. Arriving early ensures you have a stress-free experience. Latecomers are not admitted to classes.
4. Wear comfortable workout clothing. Yoga is practiced barefoot so no fancy footwear is needed. We sell yoga mats and props at both studio locations, and rent mats for \$3
5. If you enjoy your Intro Trial, we have a special offer Starter Month Membership offering a one month unlimited membership at a

substantial discount. This is only available for purchase once and must be purchased within 2 weeks of completing the New Student Trial. The Starter Month is available at each of our locations.

If you have any other questions, please [Contact Us](#) and we will help to give you some direction. This is also helpful if you are working with any injuries.

A FEW GUIDELINES TO HELP YOU FEEL AT HOME:

- Allow yourself plenty of time to find the studio for your first class.
- Please arrive 15 minutes before class starts so that you may sign-in, orient yourself and enter class in a relaxed way. If you arrive after the start time of the class, you will not be admitted.
- Please refrain from wearing very scented products, perfume and cologne.
- Practice on an empty stomach, preferably 2-3 hours after your last meal.
- Please inform the teacher if you have any injuries, illnesses or are pregnant. This is very helpful and important. Keep in mind that yoga practice should always be done under the supervision of a physician if there are health-related circumstances.
- Place all belongings including cell phones in the cubbies provided. Make sure cell phone sounds are turned off for the duration of class as a courtesy to other students.
- Bring along a hand towel or yoga rug for absorption and to prevent slipping for sweatier classes. We rent towels for \$3 and sell Yogitoes in our studios for these purposes.
- Stay hydrated. Drink water as a way to facilitate your practice and optimise your bodies mobility and temperature regulation.
- Keep practicing!!! Soreness after practice is totally normal, this is your body awakening. The more you practice, the better you will feel. A consistent yoga practice is recommended to receive the full benefits.
- Have fun and ask questions! The teachers and staff at SOULution are here to help and are ready to meet YOU!