

What to expect at a gym yoga class

Going to your first yoga class in a gym can be quite daunting. I've put together everything you'd need to know about your first time there and what a studio is like!

Get there 10-15 mins early

Getting to the studio early gives you time to get your bearings, sign in for your class, find your spot in the studio and nip to the loo if you need it!



Pay or swipe in

In some public gyms you can pay for the class on the day, in other gyms you need a membership to attend and will need to book a place in the class. Check with your gym on this.

Leave your belongings in your locker

Most gyms don't want you to take your bags into class. I keep a pair of flip flops in my gym bag and walk to the class in them. It also makes it easier when the next class is waiting to come in because you aren't rushing to tie laces.



Talk to your teacher

Before the class starts is a perfect time to let your teacher know if you have any injuries or if you could prefer not to be physically adjusted during class. Most teachers will ask at the beginning of class but if it isn't something you'd like to share with the whole class then I recommend letting them know beforehand. .

Child's Pose

Even if the teacher doesn't mention it, if the class gets too much at any point then take child's pose.

Bring your knees out to the width of the mat, lowering your chest towards the mat with your arms out in front of you. Taking this pose isn't giving up, it's listening to what your body needs. If your body doesn't feel comfortable in this position, you can take a crossed legged position or even lie down.





Props may not be available

Some gyms do have yoga mats you can borrow, if they do I would recommend giving them a wipe down before you use them as they're often used for other exercise classes as well. Sometimes it's safer to bring your own mat.

Adjustments

Some teachers may offer adjustments to the poses you are in during a class. If you do not wish to be touched, let the teacher know beforehand. Some hands on adjustments can help you deepen your pose but if it ever starts to cause you pain ask the teacher to stop.



Where to put my mat?

There tends to be two types of people in a class; those that head straight for the front of the class and those that head to the back. As someone who always used to stay at the back, I can tell you that being in the middle makes you the least noticeable to everyone else and most of the time they are too busy worrying about themselves.

Savasana

This is the last pose of the class (and in my opinion the best part). Some teachers play music and others read poems or stories. Some may press on your shoulders to help you relax deeper or put essential oils on their hands and hold them over your face (this is less likely at the moment with COVID). If you do not wish to be touched, make sure you tell your teacher.



End of class

Once the class as ended there is no rush to move straight away. It is also a perfect time to ask your teacher any questions you may have.

Try not to compare yourself to others in the class

Remember that everyone was a beginner once, even the person that seems to be able to do every pose perfectly. Yoga is a practice.

