

Love Yoga Studios - Beginner Series

Assumptions, FAQs and tips to begin a satisfying and fulfilling yoga practice.

1. Challenging Assumptions

a. It's weird

It used to be, it's not here. We don't incorporate any of the historically mystical practices. (chanting, dancing, levitating ;)

It's not that we don't appreciate or respect the history behind them, it's just that we know that's not the best place to start when beginning a mind body practice. We focus on wellness. We do offer philosophy workshops if you'd like to go deeper or learn more about the traditional practice.

b. You think you can't because you're too (stiff, old, injured, nervous, etc.)

There is a class for every level of activity and something everyone can do because at the root of the practice is breathing. Breathing freely, deeply and more balanced can provide lasting benefits to the entire nervous system when in turn affects your entire being.

c. You think you might be doing it wrong.

The practice does include traditional alignment and form because it's helpful to have a baseline foundation. From this foundation we look for ways to explore all the options. Every pose looks different from one body to the next and there is no way, nor any expectation to get everyone into the same form. In fact, one of the earliest teachers to bring yoga to modern times emphatically taught that yoga should be adapted to the body, not the body to the practice. Your body, your form, your practice... as long as you're not forcing it or causing harm.

d. Yoga is only about the poses

There are 8 limbs (areas of focus) in the most commonly found traditions of yoga practice. The poses (asana) are only one of them. The other areas of focus center around self study, interaction with others, challenge, stillness, meditation, sensation and observation.

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2. Frequently Asked Questions

a. Which class do you start with? What level?

This depends on your current level of fitness and if you have any limitations. We suggest starting with the easiest class available so that you have a chance to get familiar with the practice. The style, the terms, the process, the teachers and the studio. Like an athlete, you don't start off on the hardest thing. You train and advance as you get stronger and more confident.

b. How do you know when you're ready to progress?

If you're asking, you're probably ready. Once you feel comfortable with the basic level classes, you have enough information to explore any level of class if you're willing to be honest with yourself during the class. Or you can ask your teacher for more specifics.

c. Do you have to wear yoga pants?

No. but it helps to wear something that doesn't slip, slide or flash anyone unintentionally.

d. Is it crowded? Depends on the class, the weather, the season, the time. We never know. Historically, early evening classes are busiest, but on any given day it could be 8 people, or 23. If it is, we almost always are able to make room. If you're not into crowds, as about a smaller class or private sessions.

e. Do I have to sign up (aka commit) prior to class? No. But It helps you to commit. It helps us to know how crowded class might be. (see above)

f. Do you have mats? Yes, and you can borrow them anytime. No charge.

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3. Customizing your own personal practice

a. What are the different levels and why do they matter?

Once you have the knowledge and skill to navigate your own personal practice, you really can attend any level class, anywhere. We offer classes from pure relaxation to intense energetic flow. So if you're new to the practice, or if you have any physical limitation such as an old ankle injury, you don't want to be in a class that is focused on 40 minute flows or long standing balance poses. Likewise, if you're completely stressed out and need some quiet time, you don't want to end up in the Groovy Flow class. Think of it like swimming lessons. Float first, then paddle, swim then dive. If you're a 'dive into the deep end' type of person, and you feel strong and able, you can certainly start with the Power classes. (But it might be good for you to float occasionally too!) ;)

b. Different styles of practice

Hatha, Vinyasa, Ashtanga, Iyengar, Kundalini, Baptiste and Bikram are probably the most common practices you'll hear about. We practice Vinyasa Flow with a hatha foundation and a little ashtanga background.

c. Modify or vary the intensity

You can also modify your practice in any class or challenge yourself. If you're in a Power class and something doesn't feel quite right... You have the option and really the responsibility to ease up a bit and explore what's happening. That's the whole point of yoga practice... to be aware of what's best for you. Likewise, if you're in a basics class and want to challenge yourself by trying various options you've learned elsewhere, you have that option. We just ask that it not be super distracting to others who might be new to the practice. Mostly because they might think they're supposed to be doing what you're doing. There are lots of ways to up your game without disruption.