

GETTING READY TO TAKE YOUR FIRST BIKRAM YOGA CLASS?

Welcome to Bikram Yoga South Kansas City! We are happy and honored that you've decided to join us. We guarantee that a regular Bikram Yoga practice will change your life in ways you never imagined!

If you feel nervous, scared or a little intimidated, no problem, many people feel that way initially. Just don't let it stop you from coming to class! Bikram designed this class for beginners, so know that with a little practice and experience, you'll quickly feel right at home. Following are a few tips to make your first Bikram Yoga class experience a positive one.

- Drink plenty of water throughout the day so that you're well hydrated before coming to class. Good hydration supports the healthy function of all of your body's systems, and it makes the heat feel comfortable rather than overwhelming.
- Don't think you have to get in shape before coming to class. That puts the cart before the horse! Come take your first class, and then continue practicing as often as you possibly can and you will quickly lose weight, get in shape, and feel absolutely wonderful, both physically and emotionally.
- Arrive 15-30 minutes early for your first class. This gives us time for registration and orientation. Arriving early ensures a stress free and relaxed beginning to your life long Bikram Yoga practice.
- You will feel challenged by the yoga during class; everyone does. Always work to your edge, but listen to your body and your inner wisdom. As a beginner, never be afraid to sit down if you need to. It's normal, especially when you first get started, to feel dizzy, nauseated or lightheaded. It's temporary, and as your body acclimates and detoxes, these sensations will disappear.
- During class nobody will look at you or judge you. The teacher will guide you and instruct you, always with compassion and respect. No need to be self conscious. It's helpful to know that people's focus is on themselves, they are working too hard to even notice you.
- Make up your mind to take 10 classes as quickly as possible. Then no one has to tell you how good this yoga is for you. Your own personal experience will guide you.
- Remember, everyone had their very first Bikram Yoga class, even the people on the front row who have been coming for years. They make it look easy because they persevered, and you can too.
- Come to class, and with the guidance of your teacher, simply approach every posture to the best of your ability and you will receive 100% benefit.

Bikram's Yoga is for everyone. To quote Bikram's teacher, Bishnu Ghosh, *"it's never too late, you're never too old, you're never too sick, to start again from scratch"*.

FAQ'S, GUIDELINES & RECOMMENDATIONS FOR FIRSTTIMERS

Preparation For Your First Class

- You will need to have a large towel, a yoga mat, and a water bottle for class.
- The studio rents mats and towels for \$1. We also have bottled water and mats and towels for purchase.
- Dress as light as possible. No loose fitting garments. Shorts, sports bras, tights, sleeveless T's are suitable. Many men prefer to go shirtless. Remember...you will be sweating, so be comfortable!
- Come on an empty stomach. No food 1 to 3 hours before class. A small quantity of simple, easily digestible food is recommended for the meal prior to class.
- Drink lots of water for several days before your first class if you're not in the habit of drinking water. Doctors estimate you need at least 2 liters per day for normal body maintenance. Double that when doing Bikram yoga. If you drink large quantities of caffeine drinks or eat mostly processed foods it can affect your body's ability to tolerate the heat, so please cut down on these items in preparation for class.

What To Expect After Your First Class

- You might feel very tired after the first class. This is absolutely normal and a good sign that your body is cleansing. Your energy levels should be restored to normal within several classes.
- You might find yourself feeling extremely energetic and experience difficulty sleeping. Don't worry--this is a good sign that the yoga is truly filling you up with energy. You don't have insomnia. You just have more time to do the things you enjoy!
- You might feel sore or stiff the day after your first class. Come back to class as soon as possible! Your body is waking up and coming alive and you want to keep the process going!
- You might feel nauseous, dizzy or have a headache after class. This could be a sign that you are dehydrated. Please drink lots of water before returning to class. Or it could be a sign that you were trying so hard that you weren't breathing normally. Please breathe normally during every posture.
- You might experience some skin irritation. This too is normal, it means that the skin is releasing toxins. Showering directly after class will wash the toxins away. It will also help normalize the body temperature.
- You might feel very hungry after class for a while, or you might lose your appetite completely. Both reactions are normal. If you are concerned about your weight, don't worry too much either way. Once you get into a regular practice pattern, your appetite and your weight will normalize. You'll find yourself feeling and looking leaner and younger.

Q. I feel nauseous dizzy during class and very tired after my first class. Is this normal?

A. It is not unusual to feel nauseous or dizzy during your first class. Practicing yoga in a heated room reveals to us our present condition, and inspires us take much better care of ourselves.

Usually the problem is that we do not drink enough water for daily living, let alone for exercising in a heated room. Nutritionists tell us that we need 64-80 ounces of water a day to help the body function properly. In the heated yoga room, your body needs adequate fund of water to allow perspiration to release heat from the body as you practice. So we estimate you need another 64-80 ounces (sometime during the day) to allow for your 90 minutes in the room. Once you are drinking enough water your body will tolerate the heat better and you will actually enjoy the heat.

If you feel disoriented or like you need a good nap after your first few classes, this is likely because your body has begun to cleanse itself as a result of the yoga practice. Don't be scared. After the first few classes this sensation will pass. The more you can relax as you give your 110% honest effort during class, the more energized you will feel throughout the class and throughout the rest of your day.

Q. How many times a week is it recommended to practice?

A. In the beginning, do the full class religiously 4-6 times a week for the first month until you are performing all but the very difficult poses such as the standing bow pulling and stretching pose eighty percent correctly. If you are restricted by any medical condition or have any chronic disease, you should continue daily until your condition is resolved.

Even when your progress is measured in fractions of inches that add excellence to what is already good, rather than in bold strokes, like being able to balance on one leg for ten seconds, you should continue your yoga practice daily.

When you are performing ninety percent of the postures ninety percent correctly, you should still not feel complacent about doing your yoga. Doing this hatha yoga class every day is like everything else you do in your life that is good for maintaining life. You don't plan to give up doing those things because of the daily benefit you receive.

SOME TIPS:

- Set aside a special time of the day to create a regular daily practice.
- Wear clothing that does not restrict your movement.
- Do not eat within 2-3 hours of practice.
- Drink LOTS of water!

How good is this Yoga habit? Look at someone who has been doing this yoga for over twenty or thirty years. Don't ask their ages. They have become *timeless*.