

19 Tips for How to Survive a Bikram Yoga Class

1. Don't worry

Everyone's a little nervous the first time. But please don't let that stop you from coming. It's definitely different from anything else you may have tried. As you'll come to find out, it's well worth it! We guarantee that a regular Bikram Yoga practice will change your life in more ways than you can imagine. Keep an open mind and drop all your expectations. Your willingness to just give it a good try is all you'll need for success.

2. Yes, it's hot in there

But it's hot-summer-day hot, not roast-a-chicken hot. We have a state-of-the-art heating and air filtration system that keeps an even heat and humidity and cleans the air as you practice. Please keep in mind that in the first class you will really just be getting used to the heat and the postures. You'll need to attend somewhere between 3 to 6 classes to effectively determine if this yoga is for you, and the sooner you take the next couple of classes, the more you will benefit. We're sure you'll be back!

3. No, you don't have to know anything or be able to do anything

Bikram designed this yoga to accommodate beginners, so you can pick any class on the schedule that is most convenient for you. Know that with a little practice and experience, you'll soon be right at home. Also know that everyone was at one time a beginner. One of the great things about this yoga is that, although you are with a group of people all doing the same set of postures, every single person in there will be at their own level. Some people can do most of the postures pretty well, some people can't really do any of them and most of us are somewhere in the middle. You will find that your only focus in the class will be on yourself.

4. Drink water

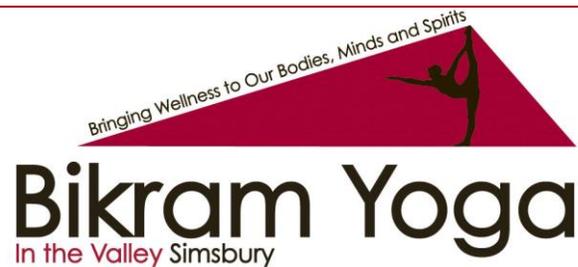
Drink lots of water throughout the day so that you're very well hydrated before coming to class. Proper hydration supports the smooth functioning of all of your systems, and it makes the heat feel a little more comfortable and a little less overwhelming. Stop drinking about 20-30 minutes before class to let the water cycle through and so you don't have to leave to go to the bathroom. Drink water and electrolytes (we have them for sale at the studio) after class to replace what you've spent in class.

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5. Keep at least 2-3 hours between your last meal and a class.

While you want enough energy to do the class, and starving yourself is never a good idea, practicing on a full belly is just not comfortable. Try to eat at least 2-3 hours before class so it has time to cycle through before you start.

6. Don't bother wiping the sweat

First, it's just going to keep coming back. Second, wiping will actually make you work harder and waste energy, and our body will create more sweat to cool itself off. Third, wiping is just another distraction, a trick our mind uses to get us to stop paying attention to the postures. Sweat will not hurt you, sweating detoxes you. In this room, sweat is your friend.

7. Come in Early

Arrive 15 – 20 minutes early for your first class. This gives us time to make sure you are settled in and ready to go. The earlier you are, the more comfortable you'll be in the environment, and the less hurried you'll feel. We'll show you around the studio, walk you into the yoga room and help put your mat down where you'll be comfortable practicing.

8. Don't Wait – you don't need to be in any kind of shape to be here

Bikram Yoga is for everyone. To quote Bikram: "Never too bad, never too old, never too sick, never too late to start from scratch and begin again." Come to class, and with the wonderful teachers we have, just try each posture to the best of your ability and you will receive 100% of the benefits. Don't think you have to be in any kind of shape before you come to class. That's what you're coming to class for. Just start: take your first class, and then take class as often as you can and you will quickly start to feel healthier, lose some weight, lose a few inches, and get in great shape.

9. Dress for success but this is not a yoga fashion show

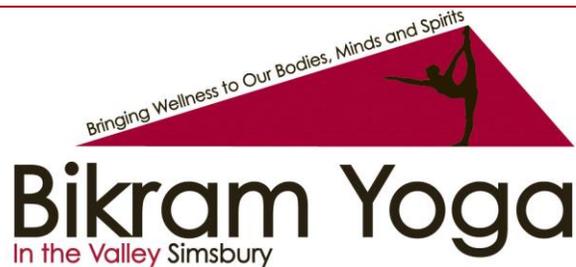
Dress in cool, comfortable clothes, like you're going to the beach. Long sleeves and long pants will make you hotter. For Men - a bathing suit or running shorts can work to begin with, yoga shorts if you have them. You can wear a tee shirt if you'd like, but you'll be a lot happier with it off and that is totally acceptable and common. For Women – you can start with running shorts and a sports bra, if you're comfortable in that. If you feel like you want to cover up, try a very light tank top. Any yoga-type clothes will work just fine, but remember that the more you have on, the hotter you will be. For Everyone – no one cares what you wear. Seriously – just be comfortable. You probably want a change of clothes to go home in after class.

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10. You will be challenged by this class - everyone is

Always work to your edge, but listen to your body and don't push beyond your ability. At first, you may feel a little off but we promise you it will pass. And always feel comfortable sitting or lying down when your body needs to, everyone has been there at some point or other. You'll even see very experienced Bikram folk 'sitting out' a posture every now and then.

11. Ain't nobody looking at you except the teachers

Because of the intensity of the class, believe us when we tell you that everyone is focused on themselves. Also - we are a teaching studio. Making sure that you get through the class safely and get as much out of it as you wish to is our primary goal. Our teachers will guide you through the postures with compassion and respect

12. Come back often – especially during your first month

Try to take another class as soon as possible – preferably the next day. This will help you avoid any potential soreness and will get you on the right track right away. Try, also, to take 10 classes right away. This will show you first hand why you need to be practicing regularly.

13. Bring your yoga gear – or you can rent it from us

If you have a yoga mat, bring that. Also very important is a big bath or beach towel to put on top of your mat. You may want another towel to use for after class, or after your shower. We have mats, mat towels and shower towels available for rent at the studio so don't let that stop you from just coming in. You will also want a water bottle to bring into class with you (we also sell water at the studio).

14. Leave your cell phone behind – it doesn't like yoga and doesn't want to be in the heat

First and foremost – this is your time. Give yourself the gift of time to yourself, when you can focus on yourself and your own healing. Even having the phone in the room will take your mind away from your practice. Secondly, phones distract everyone else who is trying to leave it all behind as well. Now – if you have a special needs child or are a medical doctor on call, talk to us, we'll help you stay connected.

15. And speaking of quiet

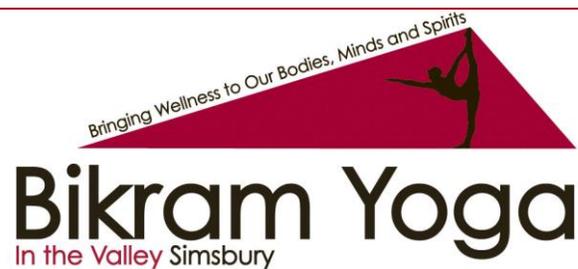
The yoga room is a silent room. Only the teacher speaks. When you are waiting for class, be quiet – many studio members use this time for silent reflection, or meditation, or just the only place that's quiet in their lives. Don't talk or whisper in the room after class for the same reason. We have a huge lobby for you to talk and connect and laugh and hang out all you'd like. If you want a loud, fun class, come to our Hot High Intensity Low Impact Interval classes!

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16. The only goal is to stay in the room

Really – it's a low bar. Just stay in the room for the whole 90 minutes. Anyone can lay down for 90 minutes, so there you go – pay attention to your own body and your own ability, especially if you have been sedentary for a while. It does not matter one tiny bit what everyone else is doing – if you need to sit, sit. If you need to lie down, lie down. Do not push past your limits and you will be just fine. When you leave the room three things happen: 1. You convince yourself you can't do it (and you absolutely can), 2. Your body temperature goes down, and you lose the detox benefits and 3. You cool off the room for anyone near the door. So – just pay attention to yourself and what your body is telling you and stop when you need to. No one cares if you can't do the postures, everyone starts where they are.

17. You do not have to be skinny or fit to do this

We are a very welcoming community of all sizes, ages, colors and shapes. Trust us, no one is even looking at your body except you and the teacher. Also - your negative thoughts about your body will fade away when you are focusing 100% on the breathing and postures.

18. You are welcome even if you are healing from an injury, or are otherly-abled

We safely and effectively assist those who need chairs at first, who have broken bones, less than four limbs, or recent surgeries. We have had many studio members who just came into the room to lay down and allow their bodies to heal in the soothing heat after knee or hip replacements. Do what you can with what you've got, that's the whole enchilada.

19. This is the original hot yoga

Bikram Yoga is a very specific hot yoga methodology. It's important to understand that Bikram Yoga is always hot yoga, but hot yoga is not always Bikram. In other words, Bikram Yoga is a "name brand" version of yoga performed in a hot studio. We teach Bikram's 26 postures and 2 breathing exercise series in a 90-minute class. Instead of the series changing – YOU change as you become stronger and more flexible. We don't distract you with soundtracks or playlists, and the series is always the same. You always will know what's coming next, and we teach stillness between the postures as well as stillness in the postures. This will assist you off the mat in the real world. (Please note that we have other types of classes at the studio as well).

So, the bottom line is just come in. Do your best with what you've got and your life will begin to change in so many wonderful ways. We look forward to seeing you!

[Click Here to Register For Bikram Classes](#)

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