

Yoga Myths (source @innerpoweryoga)

The Myth – I am not very flexible, and I do not have very good balance, so I can't do yoga.

This is like saying you can't lift weights, because you don't have any muscle strength. Most folks when starting yoga will have some tightness; over time your practice will help you become more flexible and have better balance.

The Myth – Yoga is just for women.

Thousands of years ago yoga was created by men. Men can benefit just as much by practicing yoga. All genders are welcome!

The Myth – I tried a yoga class once, but it was too slow and boring.

Some styles of yoga, such as Yin/slow flow are indeed slow, but Flow (Vinyasa) classes offer a faster, dynamic pace and endless exciting physical challenges.

Getting Started at Greenway

Some things to bring to your first class to make it more enjoyable:

- yoga mat (we have some to borrow/buy) & water bottle
- we generally practice bare feet- NO shoes required
- comfortable clothes to move, sweat, & also rest in.

If you are new to yoga, we suggest a slower pace class such as Slow flow or Yin.

Note: all classes are ALL LEVELS. It takes a few classes typically to discover your rhythm. Hydrate before class and take rest as needed during practice. Yoga is not a competition or performance—listen to your body, follow your breath, and you will be amazed by the transformation that will happen over time.

Mindfulness & Etiquette

- Get to the studio **10 minutes before class** to sign in & settle onto your mat
- Place shoes outside of studio practice area
- Be respectful of conversation volume
- Place mats gently to not disturb others
- Doors lock when classes start. Arrive on time.
- Clean mats & props after use.
- Help keep our space neat. Fold blankets nicely.