



MAKE THE MOST OF YOUR
HOT YOGA CLASS

Welcome to Kula! We're here to help you have the best experience possible, so we've put together some useful tips to ensure that you enjoy your first visit.



HOT YOGA
STRENGTHEN YOUR
BODY & MIND

HOT YOGA TIMETABLE

	EARLY MORNING	MORNING	LUNCH	EARLY EVENING	EVENING	LATE EVENING
MONDAY	06:30 ^	10:00	-	16:00	18:00	20:00
TUESDAY	06:30	10:00	12:30 ^	17:00 ^	18:30	20:30
WEDNESDAY	06:30 ^	10:00	-	-	18:00	20:00
THURSDAY	06:30	10:00 ^	12:30 *	17:00 ^	18:30	20:30 ^
FRIDAY	06:30 ^	10:00	-	17:30	19:15 ~	-
SATURDAY	08:30	10:30	12:30	16:30	-	-
SUNDAY	08:30	10:30	12:30	16:30 ^	18:00 ~	-

^ 60 Minute class
* Karma class
~ Candlelit Class

**UNLIMITED
HOT YOGA**
£45 FOR 30 DAYS
VISIT WWW.KULAWELLBEING.CO.UK
OR ASK IN THE STUDIO FOR
MORE INFORMATION.

STUDIO ETIQUETTE

- The studio is a shoe free zone. Time to relax, please leave your shoes in the cubby holes in the corridor.
- The yoga room is a quiet space. This is the space to connect with you. Please keep silent and leave quietly when class has finished. Feel free to get to know your fellow yogis in the chill out area/ reception.
- The floor of the yoga room is your space to practice. Please take only your mat, towel and water in with you. This is your time to escape, so free yourself from mobile devices while you are in the yoga room. If you do take your mobile into the yoga room, kindly turn it off or on silent/ non vibrate and put it in the cubby hole. Enjoy this time to focus on you.
- If you've had a sweaty day, kindly take a shower before class.
- Place a towel on your mat during class and place your mat on the studio floor. Use the lines for guidance (mat within white lines at the front, leaving the black lines free). This will give you and your fellow yogis a good space for practice.
- Make sure that you inform teachers of any injuries or medical conditions you have before the start of the class, so we can take good care of you.
- And smile!

**NAMASTE,
ENJOY YOUR CLASS!**

THE KULA TEAM

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[FACEBOOK.COM/KULAWELLBEING](https://www.facebook.com/kulawellbeing) [TWITTER.COM/KULAWELLBEING](https://twitter.com/kulawellbeing)

BEFORE CLASS

STAY HYDRATED

But don't overdo it. Aim to drink at least 2 litres of water throughout the day, and have a drink high in electrolytes (E.g. Coco water/ Chocolate water).

EAT

Keep it light and avoid eating a big meal less than two hours before practicing. This will ensure that you feel lifted and light and benefit fully from your practice.

WHAT TO WEAR

Ladies: Wear tight fitted clothing - shorts or leggings, sports bra and a tank top.

Men: Wear Shorts or swimming trunks.

GET TO CLASS EARLY

Try to arrive 25 minutes before your 1st class so that you can complete your registration and get a good spot in the yoga room. There will be a teacher briefing at the start of the class, make sure you are there to get the tips! First timers are best off in the 2nd, 3rd or 4th row, in the middle of the yoga room. This will enable you to follow experienced yogis in front for guidance.

WHAT TO BRING

You will need 2 towels and a bottle of water - both available at reception. Mats are provided free of charge to hot members (auto pay members and annual members). Others can hire at £1/ class.

HAVE NO EXPECTATIONS

Do the best you can with the body and mind you have today, and enjoy yourself!

DURING CLASS

STAY IN YOUR BREATH

Breathe calmly, smoothly and continuously, never holding your breath. Always breathe through your nose apart from a couple of times - we'll let you know when.

STAY IN ALIGNMENT

What's most important is how we try, rather than how we do. If you challenge yourself focusing in your alignment you'll be rewarded with great therapeutic benefits!

STAY IN YOUR STILLNESS

When you come out of posture bring yourself back into your stillness. Try not to fidget, move around, or wipe sweat. Focus on calm breathing and eventually you will build clarity, focus, confidence and control into your practice and ultimately, your life.

STAY IN THE ROOM

Even if you have to sit out a few postures, by staying on your mat, maintaining focus, and being with the class, you are still practicing yoga.

STAY IN SILENCE

Hot yoga is a 60 - 90 minute moving meditation, make the most of this time. Be respectful to your practice and your fellow yogis.

AFTER CLASS

DON'T GET UP TOO FAST

Take your time after class, and enjoy your final savasana! This is an incredible part of the class to absorb the benefits of the fantastic practice you have just accomplished.

RE-HYDRATE

Drink plenty of water after class and have a drink high in electrolytes. There is coconut water available to buy at reception. It's a great post-class pick me up!

COME BACK TOMORROW

Come back as soon as you can, and practice often. Make the most out of our amazing intro offer!

TELL YOUR FRIENDS AND FAMILY

So you got through your first class, and you feel great! Spread the word and help others live happier, healthier and longer lives through the power of hot yoga!