

# Imagine Life Yoga

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Registered Yoga Teacher through Yoga Alliance

## What You Can Expect:

Unless otherwise noted, class will last approximately 60 minutes. While individual classes will vary, we typically begin with a breathing technique, warm up with subtle movements, transition into a dynamic sequence leading toward a peak pose, cool down with floor work, and relax into a guided meditation and savasana.

## What You Need:

1. Print and sign the “waiver and release of liability” (2 pages). If you are under 18, a parent must sign for you. Bring the waiver to class on your first visit in order to participate.
2. Wear something comfortable that allows you to move freely. There are several poses that require you to bend at the waist or lie flat on your stomach or back, so make sure the waistband of your pants or shorts is not too tight and avoid pants with thick drawstrings or buttons/zippers.
3. No shoes during practice- your feet were designed to be bare! Without the constraints of shoes and socks, your feet can hold you up in better alignment, grip the mat more reliably, and help you keep your balance through challenging poses!
4. Drink plenty of water before and after your class. Staying hydrated is key to muscle performance and recovery, mental clarity, and removal of toxins from your system.
5. No worries if you don't have a mat- I will bring several to class. When you're ready to find a mat to call your own, speak with me before or after class and I'll offer some suggestions.
6. If you have other questions or concerns, do not hesitate to contact me via email or chat with me on Facebook (I will respond within 24 hours) at [imaginelifyoga@gmail.com](mailto:imaginelifyoga@gmail.com) or [www.facebook.com/ImagineLifeYoga/](https://www.facebook.com/ImagineLifeYoga/)

## Questions to ask yourself before your first yoga class:

1. Everyone comes to yoga for different reasons, so what are yours?  
For instance, are you interested in a physical workout, or are you on more of an inner path towards tranquility and enlightenment? Are you attracted to yoga because of its health benefits, and if so, is it physical or emotional health you are most interested in? Can you be specific?
2. Are you interested in learning about the philosophy and traditions of yoga?
3. How committed are you to developing your yoga practice? Would you prefer to come to a group class once a month or several times a week? Would you like to take private classes to gain in-depth knowledge of yoga? Would you like to use what you learn in private and group classes to develop a personal daily practice at home?

\*If you are willing to share your answers with me, write them out and submit them with your “waiver and release of liability.” I would love to know what motivates you!