**Yoga over 45: Attire and tips when you attend classes**

**DRESS:**

Any loose fitting clothing is perfect.

You’ll need a warm jumper or other clothing when we do the relaxation as the body cools down when you are still and you may feel a little cold.

**DO I NEED A MAT?**

We provide some basic mats and some yoga props.

However, these programmes are designed to encourage you to begin building a habit of practice at home. You will derive significantly more benefit if you do, so investing in your own yoga mat may be useful. Yoga mats are designed to be non-slip making your home practice more comfortable and safe.

**BLANKETS:**

If you have a warm blanket these are very useful as they can be used to keep you warm during relaxation or kept folded to act as a bolster, helping with some seated or reclining positions on the floor.

**EATING:**

We recommend you do not eat a heavy meal before a class. It’s preferable to exercise at least 60 minutes after a light meal or around 2 hours after a more substantial meal.

Bring a bottle of water to help keep you hydrated.