

# avani yoga

offering an inspiring yoga experience in the heart of chester, virginia

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## New Students



### What to Expect

Perhaps you are feeling a little nervous or intimidated about taking your first yoga class. Please don't let it stop you from coming to class! Yoga is non-competitive. It is a personal journey and no two journeys are alike. With a little patience and proper guidance from our certified instructors, you will quickly feel right at home.

### Small Class Sizes

Classes start with a focus on breathing and calming the mind. After a short warm-up, a certified instructor will guide you through a series of postures called *asanas*. The instructor will emphasize the connection of your breath with each movement.

Because our classes are small, the instructor is able to provide hands-on guidance for proper body alignment. The instructor will offer modifications based on the individual needs of the student. Classes end with some gentle stretches and a relaxation period called *savasana*.

### First Time Student Checklist

- Please complete your [registration online](#).
- Please let the instructor know if you have special health conditions or restrictions.
- Before entering the yoga studio, please remove your shoes and place them with your other personal belongings in the space provided.
- Our classes always start on time. Once class begins, we lock the studio doors to ensure the class is not interrupted.
- If you are under 18 years old, please bring written parental permission. Students under the age of 15 must be accompanied by an adult.
- Do not eat a heavy meal just before class. We recommend practicing on a light stomach.
- You may bring water to replenish during and after class.
- Wear loose-fitting, comfortable clothing.



let's get started.  
Intro offer 30 days just \$30 ▶▶

download our schedule.  
New classes every month ▶▶

reserve, cancel & pay online.  
Log in to your account. ▶▶

### Feel Good Friday January Schedule 5:30 pm to 6:30 pm

01/03/2014: Beginner  
01/10/2014: Gentle Yoga  
01/17/2014: Beginner  
01/24/2014: Gentle Yoga  
01/31/2014: Beginner

### Announcing New Yoga Focus Classes!

Our new Yoga Focus classes are designed to give you focused instruction on a particular element of your yoga practice. We will cover two topics in each 60 minute class. Sign up for "Yoga Focus" online.

01/12/2014: Sun salutations and chaturanga  
01/26/2014: Safe back bends and inversions

### THE 8 LIMBS OF YOGA

1. Yamas (Restraints)
  - Ahimsa (Non-Violence)
  - Satya (Truthfulness)
  - Asteya (Non-Stealing)
  - Brahmacharya (Moderation)
  - Aparigraha (Non-Greediness)
2. Niyamas (Personal Observances)
  - Saucha (Cleanliness)
  - Santosha (Contentment)

- We encourage students to bring their own yoga mat and a small towel. We will have a few mats to offer to students who do not have their own.
- We will provide yoga blocks and straps for use during class.

And last but not least... remember to bring an open heart and positive attitude!

*Namaste.*

- Tapas (Heat/Austerity)
- Svadhyaya (Self-Study)
- Ishvara Pranidhana (Surrender to God)

3. Asana (Postures)
4. Pranayama (Breath Control)
4. Pratyahara (Withdrawal of Senses)
5. Dharana (Concentration)
6. Dhyana (Meditation)
7. Samadhi (Enlightenment)

[Home](#)

4617 Chester Square Road, Chester, Virginia 23831. 804-312-1026. email: [info@avaniyogastudio.com](mailto:info@avaniyogastudio.com)

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