

It is recommended that you practice on an empty stomach. Avoid heavy meals at least three hours prior to class.

Wear loose comfortable, breathable clothing. Please refrain from using perfumes or cologne as these can agitate allergies/sensitivities for others.

If you don't have a yoga mat there are some available at the studio. Please bring a small towel.

Parking is available along the road in front and in the lot in rear of the building. In the rear, be aware that the far north side of the lot is a driveway. Please do not park directly across the street from Malama I ka Ola. Although the building appears to be commercial, it is actually residential housing.

The studio opens approximately 15 minutes before each class begins.

Please try to arrive 10 – 15 minutes prior to your first class to fill out some paperwork and to get familiar with the center.

Please leave shoes and personal belongings on the lanai. This will give us a fresh, open space and is also a conscious way of leaving our 'stuff' outside the studio.

Turn off cell phones.

Though our space is friendly and casual, please be aware that there are often therapy sessions taking place in the treatment rooms below us. Also, other members of the class may be taking some quiet time, meditating before class begins.

All classes are 1½ hour long. If you will need to leave early for some reason, please inform the teacher and find a space near the door.

It is important that you inform the teacher before class of pregnancy, injuries, illness or changes in health.

You already have everything you need to begin a yoga practice. If you find the class you attend to be too difficult, it may help to do a few private sessions. If you find class is too vigorous, please feel free to talk to the teacher about other options. There are many styles of practice and it's just a matter of finding the teacher/style that is most suitable for you.

The morning classes tend to be better for those who are brand new, just getting moving again, or simply interested in the basics. Vinyasa classes are more vigorous and energetic- appropriate if you are healthy and active.