

Newcomers

Welcome to the Bikram Hot Yoga Community! To help you get started here are a few tips:

- Doors open a 1/2 Hour before scheduled class. Please arrive early in this time as we require you to fill out a beginner's waiver. We will also direct you to a sensible place in the classroom.
- There is no need to book a class; it is first come first served. Try to mix your classes up- try some mornings, some evenings and really get to know all the teachers available.
- Wear something light and fitted, as the room is heated and you will sweat plenty. Girls generally wear aerobic wear and guys like the footy/board shorts and perhaps a singlet. No shoes or socks are needed. Please, no hats- bandanna's and head bands are fine.
- Hydrate yourself throughout the day! And still have a bottle of water with you in class. We also recommend not eating/drinking the hour before class.
- Bring a bath size towel to put down on your mat, as it can get slippery or sticky without it. The studio can hire you a mat or towel for \$2 each, and the fridge is always stocked with water and rejuvenation drinks.
- We have full changeroom facilities including showers and lockers- just bring a padlock, or hire one from us.
- We accept cash, debit cards and credit cards (except AMEX).
- There is plenty of parking around the studio; in front of Coles Caringbah there is a Council carpark, as well as on-street parking. Even so, give yourself plenty of time to get here, because if you miss out by 1 minute there are no late admittances. Classes start promptly at the given times and the doors are locked during class, reopening ½ hour before next class.

As a beginner we would expect you to be a little overwhelmed. So take your Introductory Special 10 Day pass at a relaxed pace but with awareness. Please be aware that your 10 Day Introductory Special starts on the day of your first class. Learn what you can during your introduction and bring it to your next class, everybody is here to help you!

We look forward to seeing you in the Hot Rooms!

Nathan Dennett
Studio Director
2008 Men's Yoga Asana Champion

You must fill in the following form to attend Bikram Sutherland Shire

General Waiver: [Click here to download](#)
Under 18 Waiver: [Click here to download](#)