

## Top 9 Ways to Deepen Your Lotus Yoga Experience

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Lotus House of Yoga is a place that is known for the community it provides that shows love for life and everyone who walks through the door. They are dedicated to us moving, transforming and mindfulness. Here are the top 4 ways to enhance your experience at Lotus House of Yoga!

### 1. Practice Mindfulness and Meditation

Lotus is connected closely with mindfulness. They encourage that this experience should be practiced not only during Yoga, but throughout our daily life as well. It is important that during Lotus lessons we are bringing awareness to our breath and thoughts.

### 2. Explore Different Class Styles

Lotus House of Yoga offers a variety of classes from hot pilates to slow flow yoga. Stepping out and trying new classes can be your new passion and show a hidden strength, improve flexibility and develop a more well rounded hobby. It would be a great idea to check their [schedule/website](#) and try something new!

### 3. Stay Consistent

Being consistent is the key to growth. The House of Yoga represents several opportunities to maintain a consistent and balanced schedule. We can easily commit to a weekly class and if we love it ultimately end up with the unlimited membership.

### 4. Your body will thank you

Listening to your body allows for more growth in your physical and mental health. It is important to show up for yourself while also allowing yourself to celebrate your progress when needed.

## **5. Immerse Yourself in the Experience**

Lotus is known for their vibe and experience of being fulfilled with positivity. To immerse yourself in the experience more we should arrive early and set some time aside to prepare your mind and body for the experience.

## **6. Make new friends/connections**

Lotus has given us an opportunity to create a long bond through a common hobby that creates a lot of passion and care in a friendship. It is designed for us to feel uplifted and have support from the instructors and members we take classes with.

## **7. Set Goals**

It is important for us to set goals. This simple step helps you get a lot more out of the experience. When planning on coming to these classes you should take note of what you like and set a goal for how many times you want to go a week, focusing on increasing your flexibility and so many other goals you can create for yourself.

## **8. Practice with the Expert Instructors**

Experiencing the different teaching styles and having strong connections with the instructors is key to your journey at Lotus. The instructors help guide you to new levels of skill and awareness. Receiving attention from them is crucial because they help improve your technique and align you deeper to the practices of yoga.

## **9. Make it a Lifestyle**

At the end of the day, yoga is not just about the poses and classes. It forms into a lifestyle that encourages all parts of your life from relationships to your daily routine. You create a new lifestyle when joining Lotus by embracing self-care and compassion. The studio's resources encourage integrating these aspects into life every day.

Lotus House of Yoga is more than just a place to workout, but a community where you are cared about. By staying consistent, trying new classes and fully enjoying the experience to its max potential you will get the best experience out of Lotus.