
Eating before yoga class

Posted by Rohitpatel - 2007/07/16 17:44

There have been times when I had to get to a yoga class but was famished so I stopped by the grocery store and got some babyfood, like tapioca pudding or pureed fruit, to make sure I had the energy to get through class.

How do you manage your hunger when you are pressed for time just before class?

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Re:Eating before yoga class

Posted by hazephase - 2007/07/26 16:33

I used to have classes at 1500 hours and I had to have an early lunch or I would have to have a fruit juice cause fruit juice only takes half an hour to digest

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Re:Eating before yoga class

Posted by Rohitpatel - 2007/07/31 17:13

Well you choose a very hard time to do because at noon 3 PM we are not fresh as we are in the morning. I think morning time should be best for us.

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Re:Eating before yoga class

Posted by Forgive Darkness - 2007/09/07 06:55

I try not to eat before taking my Yoga classes. I like to clear my mind and body on an empty stomach and then afterwards I go home and eat a light breakfast. I take my classes at about 7 am so I just choose and prefer not to eat first.

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Re:Eating before yoga class

Posted by Rohitpatel - 2007/09/17 22:05

Well FD that was a nice way to stop eating some foods before Yoga class. When I joined Yoga class I always go there by taking some foods now I am going there without taking foods or something else.

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Re:Eating before yoga class

Posted by NACAMSStaff - 2011/06/06 19:09

I try to drink fresh juices before my yoga class. It helps me to stay fresh during the entire session.

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