



Yoga Student Guidelines

Please read before your first class.

Parking

As you enter the property turn left at the fork, you will find the main carpark on your left as you head towards the Yoga Temple, continue right you will find more parking outside building, individuals spots cleared in the land along the way. There is a disabled space outside the building for those that need it.

Arrival

Please arrive **quietly**. We kindly ask to save casual chit-chat for after class. Doors open **15mins** prior to class starting, so you may arrive a few minutes early (especially for your first class) to meditate, stretch or relax before class. If you arrive late, please come in quietly and join in. You will be required to fill in a form on your first visit.

Medical conditions/injuries

If you become pregnant, have any medical conditions, old or recent injuries please let us know prior to arriving as some poses may be contra-indicated.

Mobile Phones

To avoid interruptions and for the consideration of others, mobile phones are best left in your car.

Practice on an empty stomach.

It is recommended that you do not eat a large meal for two hours before yoga. If you must eat, choose something small that is easy to digest like soft fruit or a cup of soup/broth an hour before class.

What to wear & bring

Modest, comfortable clothing is best such as T.Shirt and leggings or loose pants or fitted gym clothes. Dressing modestly is advised due to the nature of some poses. We supply all props, however, do bring your own yoga mat if you have one, a towel and a water bottle, but avoid drinking large amounts during your practice, small sips is best.

Respect for others

At times, when the class is full you may be close to your neighboring student. Please respect each other's personal space, by staggering your mat or yourself forward or back. Keeping bent limbs, so as not to disturb or accidentally touch your fellow classmate. Please do not step or place your body parts on other people's mats.

Non-competitive

Yoga is a personal experience, unique to each person. Never be competitive or compare yourself with others. Completely accepting yourself as you are, will bring the most progress in your practice. Forcing poses that you are not ready for may not only cause injury but prevent your body from evolving naturally.

The Edge

Be kind and loving to yourself and listen to your body's feedback, aiming for relaxed effort. To find your "edge" – look for a place where you can feel the stretch/challenge but there is no sharp pain. If there is pain or you feel very uncomfortable or dizzy/shaky or breathless, please come out of the pose and relax into Child or Corpse pose.

The Breath

Using your breath with each movement helps your body to release and let go of tension, while bringing your mind to the present, taking your practice deeper. If your breath becomes too fast or erratic, you are doing too much, and it is sign to slow down or rest. Never force the breath lengths or holds.

Adjustments

Hands on assistance and adjustments are often offered during the class. If you prefer NOT to be touched, please let us know before the class begins.

Commitment

Yoga works best when practiced on a regular basis, therefore we recommend attending classes at least once a week and finding some time at home to experiment with your favorite poses. Just 10mins a day before breakfast can have profound benefits.

Cancelations and bookings

Casual students can text each week to book a spot. Students who have purchased a Yoga pass take priority and their spot will automatically be reserved each week. If you cannot make class, please send a text at least 3-4hours prior to class starting. Failure to give adequate notice may result in you being charged for the class.