

Your Yoga Class

- Wearing comfortable, loose clothing is best for your class.
- Please let the teacher know before every class if:
 - you have any past or present injuries (eg neck pain, back injury)
 - you have any past or present conditions (eg high/low blood pressure, glaucoma)
 - you are pregnant or menstruating
 - this is your first yoga class
- Please try and arrive to class on time. Once class is started you risk injury by joining in late. Also, try and stay to the very end of class as the benefits of yoga to your body may be lost by leaving early before completing relaxation.
- Take your shoes off and leave outside the yoga room (you can wear socks if your feet are cold!)
- Be respectful of others practice time and keep conversations in the studio to a minimum.
- Please let your teacher know before class if you do not want to be adjusted.
- If you are menstruating, please listen for pose variations.
- If you are less than 14 weeks pregnant, please do not attend classes until after this trimester. For post natal, please do not attend class until 6 weeks later after a natural birth and at least 2 months after a caesarean.
- Listen to your body and don't push your practice too far. Don't do anything that you don't want to do or does not feel right for you. Yoga is not a religion, nor is it a competitive sport. It is a time for you to honour your body. 'No pain, no gain' does not apply in a yoga class; your muscles will release more by using your breath rather than pushing yourself too far.
- Please turn off your mobile phone and do not bring food or drinks into the studio apart from water. Try not to eat at least 2 hours before class.
- Make sure that you are familiar with the fire exits and the bathroom; please ask the locations if your teacher has not already told you.
- If you have any questions, please have a chat to your teacher after class.
- Lastly, don't worry if you get confused, keep smiling and enjoy yourself!