



EXPERIENCE YOGA CLASS GUIDELINES

- ॐ You need to bring your own mat or pay a small fee to use studio mats. Good quality yoga mats are available for purchase. Blankets and all necessary props are provided (studio classes only).
- ॐ Seating options are available for meditation sessions and include chairs, bolsters, firm cushions & blankets. Do bring your meditation shawl if you use one.
- ॐ For hygiene purposes, please bring two small hand towels to all yoga and restorative classes, to use under your head/face/feet on cushions and bolsters. Also a small scarf/handkerchief for under an eye pillow.
- ॐ Wear loose fitting clothes that are comfortable for movement (natural fibres are ideal). Dress in layers, with something warm to wear (& socks) for relaxation.
- ॐ Plan not to eat for 2-3 hours prior to class (if you are hungry, something light like fruit or juice is OK).
- ॐ Please do not wear strong perfume or after-shave as some people have allergies.
- ॐ Plan to arrive a few minutes early so you can begin in an unhurried frame of mind.
- ॐ In respect of others electronic devices e.g. mobile phones are to be switched off and left outside the room. Baskets are provided outside the room for security of personal items, so that 'worldly' items stay there!
- ॐ Prior to the class, please advise the teacher of any change to your physical or medical condition e.g. pregnancy, injury, illness that may affect your participation.
- ॐ Please do not leave the class once deep relaxation (yoga nidra) has begun, or during pranayama (breathing practices) or meditation.
- ॐ After class, studio mats are sprayed with eucalyptus oil spray (provided) for hygiene purposes. Then please enjoy the yoga of conscious mat rolling and blanket folding!
- ॐ And finally, it is essential to practise in the way that is right for you.