

**YOGA CLASS GUIDELINES**

1. Aim to arrive at least 10 minutes early before the class to give yourself ample time to settle down. Avoid being late as it can disrupt the flow of the class.
2. If you have any health concerns (pregnancy, illness, injury or medical condition), make sure that your doctor approved of this activity, and also notify your teacher before class. Not every pose is appropriate for everyone.
3. Silent or turn off your cell phones. Help to maintain the atmosphere of quietness in the place by turning off your cell phones and avoiding answering phone calls during the class. This is to respect fellow students and the teacher.
4. Dress in comfortable clothes that don't restrict movement and try to avoid wearing heavy scents of any kind as a courtesy to others.
5. Ensure you have enough energy but try to refrain from eating 2 hours before the start of the class. If you must eat during this time period, eat lightly.
6. Drink plenty of water before (1-2 hours prior) and after practice to be well hydrated. Take only sips of water during practice.
7. You may bring a water bottle, a face towel and mat towel with you to the class, but avoid bringing food or non-water beverages of any kind.  I highly recommend using your own mats for personal hygiene.
8. Avoid chatting during the class.
9. Please stay for the entire duration of the class. If you need to leave early, tell the teacher beforehand and quietly exit before final relaxation.