

# Class Information



## **1.If you have any health concerns ?**

Check with your GP/Doctor if you have any health concerns and are thinking about taking up yoga. You can inform the yoga teacher of any health related concerns by having a one-to-one chat at just before the start class.

## **2. Can I eat before yoga practice?**

It is best to wait two hours after eating before practicing yoga, but a small snack before your class is perfectly alright. Observe your body to learn how much time you need to digest your food before practice.

## **3. What clothing do I wear to yoga classes and do I need to bring equipment?**

Practice in what feels most comfortable to you – whether it be a t-shirt, leggings or jogging pants just wear what feels comfortable to you but please remember no socks on the yoga mat to avoid any slip hazards. We don't provide yoga mats or blocks , so you will need to bring your own equipment.

## **4. Can I bring drinks to a yoga class?**

You can bring drinks but we would recommend you bring water . This will hydrate you just fine whilst in the class.

## **5. Is there parking facilities?**

Yes, parking is however at owners own risk. There maybe other classes running before the yoga session starts so just make sure you give yourself time to park up.

## **6. Are there toilets in the building?**

Yes, both venues have toilet access

## **7. Do I have to be flexible to practice yoga?**

The simple answer is no. If you are not flexible, yoga is a great way to become more flexible.

## **8. Will yoga conflict with my religion?**

Yoga does not conflict with religion. Yoga is a mind and body practice. Yoga typically combines physical postures, breathing exercises, meditation and focusing practices of mindfulness and relaxation.

## **We want everyone to enjoy their experience and ask just a few things of everyone attending:**

- Phones must be turned on silent throughout the class to avoid disruption
- Be mindful that there are others who have come to class for their own reasons , please be respectful of each other.
- If there are any questions you want to ask, please ask them before the class or after if possible.
- For your safety and the safety of others we recommend that personal belongings like; bags, coats, shoes , etc. be placed in plane sight away from all the yoga mats to avoid the risk of someone tripping over them and cluttering the space you will need around the mat for some poses.