



Studio guidelines

booking:

- please pre-book your spot online for practice
- if booking for the first time you must first create an account via our booking system TeamUp, you can use this [link](#)
- if you are unable to attend your booked class please cancel on time to allow others the opportunity to take your spot
- cancellations without penalty are possible up to 8 hours before class, cancellations after this point are not refunded
- if you are not feeling well please stay home

arrival:

- doors open 15 minutes before class
- shoes can be stored under the bench and you can hang your coat next to the changing rooms
- the door remains unlocked during practice so place your valuable in a cupboard inside the studio space
- if a first-timer at the studio please come introduce yourself and let the teacher know of injuries or other pertinent information

what to bring:

- you can bring your own mat and store it at the studio otherwise you are welcome to use a studio mat
- you may want to bring a yoga rug / towel for if you get sweaty!
- bring a small towel along with your practice rug if you use that, the teacher can use this to give you physical adjustments
- wear comfortable, light, breathable clothes that are well fitted to move easily in, remember you will sweat and move in every direction and it is helpful if the teacher to can see your postural alignment
- make sure you are hydrated before class, drinking during class is discouraged - it distracts you from the flow of your practice and puts out the warm, cleansing fire you build in your body during practice

practice:

- BREATH!
- you will receive physical adjustments from the teacher, feel free to let the teacher know if adjustments feels too strong or aggravating an existing injury
- if you prefer not to receive adjustments please feel free to let the teacher know
- when you place your mat be aware that others will join class and move your mat to make space for others if necessary
- be aware and respectful of your peers and your own personal practice space
- if you have a question you can ALWAYS ask.
- if you are not feeling well or need to adapt your practice for whatever reason please let us know, we are here to help you
- practice consistently, we recommend starting with at least three times per week and building up from there

after practice:

- make sure to clean your mat and place props neatly back in the cupboard
- if you store your mat at the studio it is advised to bring it home to give a proper clean and airing out every so often
- you are welcome to some water and to look through books in the library after practice
- please give space to others as they arrive for the next class

We are honoured you have chosen to come practice with us. Be kind to yourself and others, be patient and enjoy the journey!