

## STUDENT INFORMATION SHEET

*To achieve maximum enjoyment from your Yoga session, please read the FAQs below.*

### WHAT TO WEAR

Please wear something comfortable: Gym kit or similar is ideal. Avoid loose clothing that may restrict your vision when bending forward.

### WHAT TO BRING

A limited number of Yoga mats and a props will be available for use, free of charge. If you have your own mat then please do bring it with you. Other useful items to bring include: Bottle of water / Medication (eg Inhaler if Asthmatic) / Jumper (or something cosy) for relaxation/meditation.

### HOW TO PREPARE

It is advisable not to eat a heavy meal before attending class. As a guideline, allow 2hrs after a light snack, or 4hrs after a heavy meal. Drink plenty of water, come hydrated! Switch off electronic devices; anything that dings, rings or buzzes should be SWITCHED OFF during class.

### PUNCTUALITY

Please aim to arrive 5-10 minutes before the class starts, allowing time to check-in and pay, remove your shoes and socks, roll out your mat, and gather any props you'll need for class. The class will start promptly at the specified time. To avoid disruption, late attendance is not permitted.

### INJURIES AND CONTRAINDICATIONS

If you have any medical concerns, are suffering with an injury or medical condition, it is imperative that you seek advice from your GP or healthcare practitioner BEFORE attending a yoga class. If you have an injury or illness, there may be some yoga poses that need to be modified or avoided. Please seek advice from your Teacher before the class starts. It is your responsibility to notify the teacher of any injuries (new or ongoing) before every class. Always work to your own ability and respect the limitations of your body.

### BOOKINGS & CANCELLATIONS

Class sizes are limited. However, we have no formal booking system to date and have a very relaxed 'turn up and enjoy' culture. To check availability/times/dates or any other query's simply text Angela on 07887818028 or just turn up.

If you can no longer attend, so we can gather expected class sizes please let Angela know.

### PAYMENT

Payment will be collected before the class starts. Cash payment or bank transfer only please, (card payment will be available soon). You may wish to take advantage of the savings available by purchasing a CLASS PASS. £40 P/M with access to unlimited classes please contact Angela for further details 07887818028 or [angela.kimberley3@virginmedia.com](mailto:angela.kimberley3@virginmedia.com)

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