

Yoga Tips & Etiquette

- Wear comfortable clothing that you can move in. It is suggested to avoid wearing jewellery and avoid long pants that drag on the ground.
- Yoga is practised barefoot so no particular footwear is required. You will be able to leave your shoes safely inside the studio entrance. In winter, you are welcome to wear socks at the beginning and for the final relaxation.
- Attend class on an empty stomach – ideally wait 3 hours after a meal and 1 hour after a snack of light food e.g. fruit. Unless you are pregnant, then you may eat a snack before class, as you feel you need to.
- Advise your teacher before class about any new injuries or health problems.
- Make sure your body is well-hydrated during the day and before class by drinking water regularly. It is recommended not to drink during class – if necessary, take small sips only.
- Bring along a small towel if you are inclined to sweat – Vinyasa Yoga will induce some warmth and sweat in the body.
- For relaxation classes only – bring a pair of socks, wear comfortable clothing.
- All yoga mats and equipment is supplied. If you have your own yoga mat, you are welcome to bring it.
- Arrive at least 5 minutes prior to the scheduled class start time - to enable you to set up your mat and get settled without rushing. Late arrivals tend to be disruptive to other students and important information shared by the teacher at the start of the class may be missed. Students arriving more than 5 minutes late will not be able to join the class.
- Make sure that your body is odour-free and your feet clean.
- Please avoid wearing any scented perfumes or after-shave – these scents will be intensified by the heat of the practice and may become over-powering for other students.
- If you have to walk around during class, please do not step on other people's mats.
- If you need to leave the class early, please advise your teacher before the class starts. Otherwise, leaving the class before or during the final relaxation is not advisable. It is important to take relaxation to allow the body/mind to return to balance, even if it is short, at the end of every yoga session.
- Mobile telephones must be left in the storage area and switched off during class.
- Feel welcome to discuss any concerns or questions with your teacher after class.
- Listen to your body, be patient and go gently. Have an open, curious mind - and enjoy your yoga. 😊