***Class Etiquette @ Bespoke Yoga***

* Wear comfortable clothing, minimal jewellery and avoid strong perfume, the less external stimulus the more effective your practice.
* Bring a blanket or something warm for relaxation.
* Do arrive on time – if you do arrive late please wait for me to accommodate you at an appropriate time so as not to disturb others. Plus the warm up is essential for the individual, preventing any unnecessary injury.
* Avoid eating at least an hour before yoga, ideally two hours (so maybe think twice before you dive into the bean soup before a class … avoiding embarrassing gas)
* Switch off mobile phones or place onto silent.
* Try not to leave a class early but should you need to, kindly inform me so I can make this time as quiet as possible.
* Please ask questions – especially if you are unsure on something.
* If you do need a drink bring water.
* Keep any belts, blocks close to your mat, anything else please place in the cubes.
* Please complete the health questionnaire, it’s essential I know any health issues including pregnancy.
* Bring an open mind – and remember that yoga is non-competitive.
* Listen to your body you should never endure pain, I will encourage you to close the eyes whenever possible so you can re-connect with your body.

HAVE A GREAT CLASS-*Om shanti*