



## Yoga Class Info Sheet

Whether you are a beginner or experienced, Glo Pamper will be providing a mixed level yoga class. The class will incorporate simple breathing exercises to help connect the mind and body and a series of yoga sequences will then be practised to warm up, stretch, strengthen and bring heat to the body. A cooling down relaxation will end the session with a few minutes of guided meditation.

### Space

The space required for a yoga class will depend on the group size, but we recommend allowing 21 ft<sup>2</sup> / 2 m<sup>2</sup> per person. Please ensure that the space is clear with nothing in the way of your yoga mats. The yoga class can take place outside if you prefer (weather permitting). For classes inside, please ensure that there is sufficient ceiling height to easily extend legs and arms.

### Requirements for Yoga Class

Please wear comfortable clothes that allow you to move freely. You may also want to bring a small towel with you just in case you sweat during the class. The yoga teacher will supply mats, but please feel free to bring your own.

To fully experience the benefits of the yoga class we recommend that you have not eaten before the class and that you drink plenty of water before and after your yoga class. Please feel free to bring a water bottle to the class.

Finally, we ask that all mobile phones are turned off during class.

### Your Yoga Teacher

Your yoga teacher will be able to teach all levels of yoga and can cater to different experience levels within the group.

The yoga teacher will arrive 15 minutes before the start time to set up and to ensure the space you have set aside is sufficient.

Please make your yoga teacher aware of any injuries or physical conditions prior to the class.