



## Yoga Class Info Sheet

### 1 hour class – maximum 6 people

#### 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 no alcohol is consumed before or during the class. Anyone who has been drinking may not be able to participate. We recommend drinking plenty of water before and after your yoga class. Please feel free to bring a water bottle to the class. We also recommend that you don't eat just before 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 can you save a parking space for the teacher as they will be carrying a lot of mats.

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

We want you to be happy. If for any reason you have received a yoga class that does not meet your expectations, we ask that you speak to the yoga teacher directly on the day to resolve the issue. If you are still dissatisfied after having spoken to the teacher, we ask that you contact us or your booking agent within 5 days of the class having taken place.