

Welcome to Bodysmart Yoga Classes. Yoga is aimed to unite the mind, the body and the spirit. To make the most out of your yoga experience, it is recommended that you read the following suggestions and guidelines. We welcome you to speak with your instructor to discuss any concerns or questions you may have.

## Talk with your instructor

Speak with your yoga Instructor before commencing about any injuries, back problems or other concerns. If you experience any problems during the class, immediately discuss this with your instructor – we are here to help you!

## Light stomach

Try not to have a large or heavy meal 1-2 hours before class. Ideally, it is recommended to come to class with an empty stomach.

## Be comfortable

It's important to feel completely comfortable throughout the class. Avoid wearing restrictive clothing. Go barefoot – this will also assist holding yoga positions.

## Bring your equipment

You will need a yoga mat for classes – this assists with protecting your joints and providing comfort. Yoga mats can be purchased at a special price of \$30 for corporate yoga participants. Please contact Bodysmart to order: [megan@bodysmart.com.au](mailto:megan@bodysmart.com.au) or 1300 727 439.

## Keep warm

You may find your body cooling down during meditation. Feel free to bring along a blanket and wear socks.

## Don't over do it

Never push yourself to the point of pain. It is better to ease your way gently rather than strain or overstretch. This can increase the risk of injury.

## Hygiene

Yoga can heighten your senses, including smell. Avoid wearing powerful scents or perfumes and please come to class clean.

## Work to your level

Keep in mind the level of the class you are attending. If it is an advanced class and some of the poses are too hard, it is perfectly all right to take a more basic variation of the poses being taught. Usually the instructor will give voice to this option. If you are attending a basic class, the best etiquette is to stick to the basic versions of the poses, so that you don't confuse new students. The instructor will offer you the option to take a more advanced variation.

## Yoga etiquette

The following guidelines of yoga etiquette will help you feel comfortable when entering an unfamiliar setting.

- Make your booking online prior to commencement of the session - secure a booking through the Bodysmart website. You may also like to pre-pay for your session via our website.
- Remove your shoes - place your shoes by the door when you enter the room.
- Turn off your mobile phone
- Be Punctual – If you do arrive late, please don't enter a class more than 10 minutes after the commencement of class – wait for the next class.
- Sign in – When you enter please sign in with the instructor, providing your details for our records.
- Need to use the restroom? It is perfectly all right to leave class for a few minutes to go to the restroom.
- Stay for the whole class – yoga progresses through a set of strengthening and stretching exercises as well as a final relaxation at the end. If you can, please don't plan to leave class early. If you must, tell the instructor in advance.



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