

BLUE MOON ARTS YOGA CLASS GUIDELINES

To enhance your yoga experience, take a moment to review these guidelines before coming to class.

REGISTER: Pay for the monthly session at least 24 hours before the start of class to avoid class cancellation due to insufficient enrollment. If paying the day of class, you must bring a receipt to the instructor as proof of payment.

FOOD: Allow 1 hour after eating a light meal, 4 hours after eating a heavy meal or bring an empty stomach to class.

WEAR shorts or footless tights, and a T-shirt; bring a sweatshirt and socks to cover up during the resting time at the end of class. Do not wear restrictive pants with a zipper or buttons or very baggy sweatpants, heavy jewelry or watches. Please do not use perfumes or colognes as other students may be sensitive.

PROPS: A very limited supply of mats are available for students use. Belts, blocks, blankets and chairs are also provided. However, you are strongly encouraged to bring your own sticky mat and any other props you may have.

PARTICIPATION FORM: All students must complete a Participation Form at the beginning of the year and whenever a physical condition changes prior to being allowed to participate in the class. Be sure to arrive 10-15 minutes before class to complete this paperwork.

CLASS BEGINS on time. If you're late, enter quietly and quickly take a spot, gather your necessary props to participate with the class.

PERSONAL BELONGINGS: Leave shoes, socks, coats, purses, wallets, keys, and *water bottles* on the tables or sofa in the entry area. Only bring yoga props into the room.

BEFORE CLASS: Sign in. Get any additional yoga props you may need. Notify the instructor if you have a current limiting condition: recent injury, illness or fever (note: during menses certain poses are to be avoided), or if you must leave the class early.

DURING CLASS: Listen to instructions and observe demonstrations carefully. Refrain from conversation with other students to avoid injury to yourself and others. YOU are responsible for your own body. Our bodies are uniquely different, challenge yourself, listen to your body and work to your own capacity. Notify the instructor if you have an aversion to a pose so that an alternative pose can be offered. Remember to breathe! Questions are welcomed.

ABSENCE AND MAKE UP POLICY: The course fee reserves your space in class for the entire session. Students may *pre-arrange* (before your absence) a make up in a different class with instructor permission during the same session only. Missed classes that are not made up during the session will not be refunded or credited towards any other session.

Note that instructors may substitute for one another in case of absence.