

Group Guidelines

- * mobile phones off
- * Don't be late 😞
- * 15 mins prior to start of day keep studio free.
- * Finish on time
- * Asking permission when doing hands on.
- * Acceptance of different learning styles
- * Sensing when something is not right
- * 'Thoughtful' feedback
- * Mindful of feelings, emotions etc
- * Keeping space 'clutter-free' during asana class.
- * Supportive environment - it's OK to feel vulnerable.
- * Confidentiality - what we discuss in the yoga studio stays in the yoga studio