General Information

* Please arrive no later than 5 minutes prior to class starts so that you can comfortably settle into class , as classes start on time.
* Please bring your own mat, towel and a water bottle. You can hire a mat for $2 per session.
* If you arrive and find the door closed, please patiently wait outside ,it simply means that the class before yours is still in progress. The door will open for your class as soon as the previous class is finished. Please maintain silence in the foyer while waiting for classes to finish.
* The classes  begin at the stated  time. The class starting time should not be your arrival time and it is disruptive to the teacher and your fellow participants to arrive late.  If you are late for unavoidable reasons, please ring us on the numbers listed on the sign board and somebody will let you in. Then please join class and roll mats out quietly. If you miss your class because of late arrival arrange for a makeup class by contacting us at your earliest. we will not be able to offer any refunds for missing a class..
* Please note that there will be no refunds or partial refunds once you have joined the course. The casual rate per class for a visitor is $25/class.
* If possible arrive dressed for class. Alternatively we have rest room where you can change.Wear light ,comfortable clothes and casual slippers/thongs.
* ​​All Participants are required to fill and sign the  Registration Form before participation in classes.
* Upon arrival please leave your shoes outside on the racks provided. All classes are done barefoot. The practice area is a shoe free zone. We advise you not to wear expensive shoes as they are left outside.
* No EFTPOS facilities are available at the Centre.
* Please switch off or mute your mobile phone
* While in the class or while waiting outside for your class to commence please keep the sound level to the minimum by moving quietly and using a hushed voice as others may be in meditation or deep relaxation.
* Upon arrival be sure to fill the registration form, and advise your teacher before class if you have any  illness or injuries to be considered during your practice.
* ​Wear comfortable clothing in which you can move freely.
* Avoid  heavy  meals before coming to the class.
* Respect the limitations of your body by working around its weaknesses and restrictions - do not  force your body in a stretch or posture