**Yogaworks general yoga information sheet and FAQ’s**

**Payments: Prepayment for full or half term – typically £90 for 12 classes or £50 for 6 classes or £10 casual depending on availability.** Please note the general yoga payments cannot be transferred to pregnancy or mother & baby yoga classes, nor to another person. No refunds will be given for unused sessions during the term or half term that has been booked.

You can use your payment to attend as many sessions as you like during a week. You can swap between different sessions on different weeks. When you book on-line just book for the session you are most likely to attend most often – but then you can attend the other sessions too.

Please do keep an eye on my teaching dates as there are some school holidays when I won’t be teaching and also some weeks when I am teaching courses away from home.

**How to book:** Please use my on-line booking system available through my website. However if you are unable to pay this way then cash or cheque payments are acceptable. In this case if you are a new student you will need to fill in a health form in class before your first session.

**Venue information:** The classes take place in Spencer Yard. There is no parking at the venue during the day however it is usually possible to find two hour on-street parking nearby.

The venue can be tricky to find first time: go to <http://leamington-spa.streetmapof.co.uk/spencer-yard/> for a map of the location. Once in the yard walk through the private car park area until you come out into the big open courtyard. The Space Upstairs is the upstairs hall in the building on your right - take the grey door straight up the stairs to the hall.

There is space to change in the hall or downstairs in the toilets.

Please be on time as we usually have a quiet time at the beginning of the session and it is disruptive to other students if you enter then. If you are running late please wait outside the doors making yourself visible through the glass panels and I can wave you in at the right moment.

All mobile phones need to be switched off during the sessions.

**FAQ’s**

**What is Yoga?**

Yoga means ‘union’ and describes a mental and physical discipline designed to bring body and mind into greater harmony. I teach Hatha Yoga which empahasises the use of physical postures (asanas), pranayama (breath control) and relaxation to facilitate this. My style of teaching is to focus on each asana at a time with ample time for reflection on the physical, mental and emotional benefits. We do some sequences but I don't teach vinayasa flow or ashtanga yoga when the body is in motion most of the time. You are encouraged to work at your own pace and to rest or adapt the practice whenever you need to. Many of my students have been attending my classes for years so the atmosphere is informal and friendly.

**Do I have to be flexible to do Yoga?**

Yoga helps to improve flexibility but anyone who wants to can do Yoga. There is absolutely no competition in Yoga as each person is encouraged to work with their own body, not against it. Hatha Yoga is done slowly and with awareness, so that each person finds the right level of challenge that is right for them and without damaging the body. This means it is a safe practice that is also suitable for beginners.

**What do I need to bring to a Yoga class?**

You will need a mat, preferably a non-slip Yoga mat - there are also some spares in the hall which you can borrow. Blocks and cushions are provided.
Wear something you feel comfortable moving in, a little stretchy but not too baggy. Layers of clothing is a good idea helping you to be comfortable and the right temperature whether you are moving around or lying down.

**How long does a session last?**

One and a half hours: I usually start with a short quiet practice – please be on time so that you can enjoy this opening practice and not disturb others. After this, we warm up the body with gentle stretches, gradually working up to some of the classical Yoga postures. You will always be given the opportunity to do variations on these if they do not suit your body. We then wind down, usually with a breathing practice, to a fifteen minute relaxation giving you an opportunity to relax deeply.