



## **Frequently Asked Questions**

### **What should I expect from a Yoga Mitra class?**

My classes are gentle and focus on creating a sense of wellbeing for the body, mind and soul. Every class includes movements to mobilise the joints, strengthen muscles and develop flexibility for everyday life. This is then followed by breathwork and a guided relaxation to cultivate an overall sense of wellbeing.

### **What if I have never done yoga before? Is this class suitable for me?**

Yes. My classes are designed to be accessible to beginners and for those who wish to work at a gentler pace.

### **What if I'm unfit or not very flexible? Is this yoga class suitable for me?**

Absolutely! It doesn't matter how fit you are. I teach classes that enable everyone to take part. I encourage a sense of supportive community in my classes. They are attended by men and women of all age groups and differing experiences of exercise. Everyone is encouraged to work at their own pace and I offer a range of options for each movement. Over time, a regular yoga practice helps you to become stronger and more flexible.

### **What if I have a medical condition or a physical injury?**

Please discuss any new form of exercise with your doctor. They will be able to advise you on what is suitable for you. We can then discuss any specific medical conditions or physical restrictions which may influence how you participate in the class. Yoga is for all - we can work together to meet your needs in my existing classes. However, if you need additional support, I can refer you to a more specialised British Wheel of Yoga teacher.

## **What if I have tried yoga before and I didn't enjoy it?**

I genuinely believe that there is a yoga class somewhere that will suit you. There are many types of yoga and every teacher has their own style. I would be happy to help you find a British Wheel of Yoga accredited class that best suits you – even if it isn't mine!

## **What should I wear to class?**

You don't need special clothes to do yoga -anything that is comfortable and allows you to stretch works well. Please bring additional layers such as a warm jumper/fleece and cosy socks. These will keep you warm during the relaxation part of the class.

## **What equipment do I need?**

Please bring the following to class:

- A yoga mat - if it is your first time attending, I can lend you a mat. If you decide to continue coming to class, you will need a mat of your own. Please get in touch if you would like advice about purchasing a mat. (I am not sponsored by any supplier.)
- A blanket – large enough to cover yourself at the end of class
- A hand towel – to use as a head support when lying down
- A small water bottle – for sips of water

I provide all additional equipment.

## **Can I eat before class?**

It's usually best to eat a light, easily digested meal 1.5-2 hours before a class. Make sure that you are well hydrated before class.

## **How do I book onto a class?**

You can book your first introductory class for £8 via the website by using the "book a class" tab. You will be able to purchase a class credit using the external payment service Stripe. You will then be able to redeem the credit against any class on any date that has availability (I limit classes to 12 students). If you decide that you enjoyed the class, **contact me directly** to make a block booking. Blocks are half termly (5 to 6 weeks) at £10 per class. Drop in classes after your first introductory session are £13 per class.

## How do I pay for classes?

Your first, introductory class is paid for online via the website. All payments are processed securely and externally by the payment service Stripe. **I do not take payment at the door.** If you decide that you enjoyed the class, **contact me directly** to pay for your block booking via bank transfer. Blocks are half termly (5 to 6 weeks) at £10 per class. Drop in classes after your first introductory session are £13 per class.

## Can I cancel my booking?

### *Changing the date, time or venue of your first, introductory class*

Your first class can be transferred to a different time, date or venue as long as you provide a **minimum 24 hours' notice** and as long as there is availability in the class you have decided to change to. You can change the booking yourself by logging into your account or by contacting me directly. **Your class fee is non-refundable if you provide less than 24 hours' notice or none.**

### *Cancellation of your first, introductory class by Yoga Mitra*

If a class is cancelled by Yoga Mitra, an alternative class will be offered on an alternative scheduled date and time or a full refund can be given.

### *What if I can't attend a class in my half termly block?*

You are able to "make up" a class within the existing half term block at any other time or venue where there is availability. **Classes cannot be carried over into future blocks.** Please contact me before attending to ensure that there is space and equipment available.

## I am experiencing financial difficulties

Whether you are a new or current student, please get in touch with me if you would like to attend at a reduced rate. This will be treated in confidence.

## I have a question that isn't covered here. How can I contact you?

Please get in touch with me via the contact form on the website or by email: [hello@yoga-mitra.co.uk](mailto:hello@yoga-mitra.co.uk) and we can discuss your query.

