

Class Regulations:

1. Everyone participates in activities at your own risk
2. The school is not responsible for any damages that result from the failure to comply with regulations.
3. Everyone who attends should have a comfortable outfit and a yoga mat.
4. Should come to class on time, preferably 10-15 minutes earlier, to get ready for classes.
5. All late and going out ahead of time is unacceptable, because classes are conducted as a whole.
6. Do not exercise with a full stomach. You should start practising 3-4 hours after finishing a large meal and 1 hour after finishing a light meal.
7. All ailments and serious medical problems (completed operations, serious illness, injuries) should be notified before the start of classes to a teacher.
8. Pregnant women, during menstruation and menopause have a separate series of postures so please report it to the teacher before classes.
9. Clothing and shoes are left at the appointed place.
10. No responsibility is taken for missing items. Money and other valuables should be taken into the class.
11. Before the lesson, turn off or mute cell.
12. Move around the room barefoot.
13. Please be quiet and focused during classes. All calls and other means of interfering with the course of activities are not permitted. All kinds of questions related to the practise should be directed to the teacher or an assistant.
14. In case of any alarming symptoms during exercise, the participant should notify the teacher.
15. During the exercise, it is prohibited to provide any assistance to other participants without teacher's permission.
16. At the end of exercises performed on the equipment, it must be put into its place.
17. Fees ought to be prepaid. Each participant receives a personal pass which must be shown before the classes begin.
18. The season ticket can be only used by the season ticket's owner.
19. After the expiration date, you can make up only for one missed session.
20. We do not refund any money, in case of unused season tickets.
21. In emergency situations, which prevent the use of purchased classes, please contact the teacher. The cases will be considered individually.