



INFORMATION AND TIPS FOR STUDENTS

Welcome! Whether you are a seasoned practitioner, have attended one or two yoga classes in the past or are a complete beginner, the following information and tips are intended to help you enjoy your class and your experience at the studio, get the most out of your practice and maybe answer a few questions.

Studio Terms

Timetable

Marulamala Yoga's timetable is available at marulamalayoga.com, on our Facebook page or at the studio. The timetable is subject to change at any time, but we will do our best to contact you if you have booked an affected class or it is cancelled or rescheduled.

During Public Holidays the studio will operate on a reduced timetable so please check on the website for notices or contact your teacher.

Cost of classes

- Drop in - R60.
- 4 class card - R230 (valid for 3 months).
- 10 class Card - R500 (valid for 3 months)
- Private session (price available on request with individual instructor) – starting from R200 per hour.
- Group private session price available on request

Payment

Currently payment for classes can be made either by cash at the studio or by EFT (see details below).

Marulamala Yoga

FNB

Branch Code:270652

Account No. 62627191282

Please give your name as reference.

Class cards are the student's responsibility. If you lose your card we are entitled to charge the full price for a replacement card.

You may allow a friend or family member to use your card if you wish, but the same terms and restrictions will apply to use and loss.

Studio etiquette

Before class

You don't have to book a spot in your chosen class in advance but it is always advisable as classes can get busy. Please try and arrive on time. We will always do our best to accommodate everybody but even if you have booked a space it cannot be guaranteed; if you are late your space might be given to someone else.

Please leave enough time to arrive at the studio so that you can change if necessary, deal with any payments, sign in and find your space quietly on your mat before practice. At least 5-10 mins is good. If you have pre-booked - your spot will be saved for you, otherwise places will be on a first come first served basis as the space allows.

Classes will be closed 5 minutes after the start time to minimise disruption for everyone else.

Try not to eat at least two hours before a class. If you have to eat - then just something light up to one hour before (eg fruit). You will feel uncomfortable to practice if your stomach is full and as digestion requires energy this will be compromised.

As with any exercise it is important to maintain good levels of hydration. This ideally should be taken care of before and after class rather than during your practice, but you may bring water in with you if you feel you might need it.

Wear comfortable clothes that will allow you to move freely. Loose fitting baggy clothing is not always the answer – you will actually be restricted if there is too much clothing in the way or your shirt falls over your head! Your teacher would also prefer to be able to see how your body is positioned in order to help you find the correct alignment. It's a good idea to also bring a small towel with you.

We practice barefoot. **SHOES ARE STRICTLY NOT ALLOWED** in the studio. Please leave shoes on the shelves provided. There are many reasons for this, not least safety on your mat – and you will slip and slide if you keep socks on!

Personal belongings may be taken into the studio but mobile phones must be switched off or on silent mode during class. Marulamala cannot be held responsible for items left behind in the studio.

Please tell your teacher **BEFORE** class if you have any injuries, old or new, or any health concerns that need to be taken care of. This includes **ALL** pre and post-natal issues! If you are new to exercise it is always advisable to check with your doctor beforehand if there are any concerns.

Workshops and any sessions in prepaid courses which are unattended unfortunately are not transferable or refundable.

In class

We want you to enjoy your practice and your teacher is there to guide, support and direct you with the benefit of their experience. Listen to instructions and while in class never try to practice an unfamiliar pose without first receiving guidance and practicing with the assistance of the teacher present. You may otherwise put yourself or other students at risk of injury.

During menstruation holding inverted poses such as head stand or shoulder stand at length should be avoided. Please ask your teacher if you are unsure.

If you want or need to leave class before final relaxation (Savasana) please inform your teacher at the start of class. If you have to leave early or you arrive before another class has finished, please be considerate of your fellow students by moving mindfully and waiting quietly.

You will hear this said many times, but your yoga practice is your unique practice. Each time you arrive on your mat it will be a different experience – so it is key to listen to your body, tune in and respond to what you hear at that moment. Whatever is going on next to you or in front of you does not matter. What is going on with you is all that is important!

“Be yourself, everybody else is taken.”

Oscar Wilde

New students:

- As a new student, your state of mind is free of conditioning and expectations. Practicing yoga means becoming a beginner again and again, so embrace the opportunity to be playful and compassionate with yourself. You may be surprised by what you can do!
- Breath is the heart of all yoga practice. Everyone uses their breath even though we all have different physical abilities and limitations. You can take a break from the physical postures at any time and just breathe. When you are breathing consciously, you are practicing yoga.
- You might initially feel a little intimidated coming to your first class. A yoga class is a safe place for you to take care of yourself and for the other students you practice with. Your fellow students are not watching you or judging you – they are focusing on their own sensations and inward journey. Students of vastly different experience can easily practice together and while your practice is uniquely your own we can all practice together with compassion and encouragement for one another.
- Know that yoga is a balance of effort and ease. Try your best in each posture, and rest if you feel yourself losing your breath, straining, or clenching. Yoga balances many opposites, strength and flexibility, transformation and contentment, control and surrender – the practice of yoga unites these opposites in a balanced whole. Your intelligent understanding of each pose is balanced by gaining intuition about what feels right for your body.
- Don't be afraid to ask questions! Ask anything before class, during class or after class. Teachers love questions!
- Yoga is a whole world within itself. There are many ways to practice yoga and the practices are diverse. Vinyasa Flow, Ashtanga, Power, Iyengar, Yin, and Restorative are just a few, Each class and teacher is unique. If you don't find what you are looking for in your first class, try a different class or a different teacher. Trust yourself, you will find what resonates with you and what you need as you need it. Embrace your curiosity!
- Practicing yoga helps you connect with your inner wisdom. You also connect with one another and become part of a loving, caring and supportive community.

Namaste!

