

You are very welcome



We hope you enjoy your practice here at Maitri Studio

Please respect yourself and others in the building

- Arrive in class on time. If you are late, take a breath, wait for the introductory *sukhasana* or other pose to finish, then enter quietly.
- Bring your valuables in to the room with you.
- Switch off your mobiles phone or put on silent, not vibrate.
- Be aware that other classes or treatments may be in session, so talk quietly in the corridors.
- Wear clean, comfortable clothing that allows ease of movement.
- Use the mat spray on studio mats and tidy equipment carefully at the end of class.
- It is preferable to practice on an empty stomach – at least 4 hours after a large meal or 2 hours after a light meal.
- Let your teacher know if you have a health issue (illness, injury, pregnancy or medical condition) - not every pose is appropriate.
- Keep your mind in your body and on your mat. Be kind to yourself and listen to your body, accepting honestly where you are in your practice - but don't be afraid to gently stretch your boundaries.
- Some teachers will offer physical assistance with poses. This is not compulsory and if you are uncomfortable with this please tell your teacher. We have no wish to intrude on your personal space or privacy.
- Stay for the whole class. If you exceptionally have to leave early, let your teacher know first and leave before relaxation.
- If there is anything about Maitri Studio or the teaching here (teachers are freelance) that is unacceptable or if you have suggestions for improvement, please speak to your teacher or to studio owner Claire Ferry: claire@maitristudio.net, 07743 841415 or in person at the studio.

With thanks from all at Maitri Studio