**Frequently Asked Questions from September 2020**

**What to wear to Yoga?**

* comfortable sportswear to enable freedom of movement such as jogging bottoms or leggings and t-shirt. You need to arrive dressed for yoga.
* bare feet or Yoga socks with grips.
* Female students might consider wearing a tank top under t-shirt. (inverted postures)
* Male students might consider wearing cyclist pants under shorts.
* a warm layer for meditation/final relaxation time

**What to bring to Yoga?**

* -Students may bring water and a small towel.
* -Students need to bring their own Yoga mats as well as 2 yoga blocks and a strap as no props will be provided or shared.

**What does a Yoga lesson look like?**

* A one-hour typical Yoga lesson consists of a warmup, a variety of sequences that include stretching, core work, spinal twists and bends. The lesson concludes with a final relaxation.
* Relaxation type music may be played.
* The teacher will guide through postures by giving verbal cues and providing demonstrations. From September, the teacher will not be using hands on assists to adjust alignment but will be providing individualised cues if necessary.

At the beginning of the lesson a register will be taken. All students need to inform the teacher of any medical changes by email of any changes to their medical history.

**Other considerations:**

Hygiene matters. Please ensure you arrive with **clean hands and feet**.

To answer all questions regarding changes to procedures in relation to face to face classes and risk management of Covid-19; please consult the Risk Assessment document.