

MY FAQ

Melton Yoga General Information and Etiquette.

I'm pregnant – can I do Yoga?

- Melton Yoga offers prenatal Yoga asana classes (Yoga exercise classes).
- If you are **more than** 12-weeks pregnant, it is OK to do Yoga asana **if your primary healthcare provider says it's OK.**
- If you are more than 12-weeks pregnant **and** you have been cleared by your primary healthcare provider to do Yoga, please ring Caroline on 0403 822 446 to book your space.
- If you are **less than** 12-weeks pregnant Yoga asana (exercise) classes are **contraindicated.** However, other Yoga classes (meditation and relaxation) can be highly beneficial.
- For more information on Melton Yoga's Prenatal Yoga classes click here.

Can I eat before class?

- Yoga is practiced on an empty stomach. Your last big meal should be 1 to 2-hours before class unless a specific medical condition prevents this.

What do I do on arrival?

- When you arrive at the studio please remove your shoes in the studio foyer and place shoes and bags in the pigeon holes provided.
- Please pay the teacher / sign your class pass and take this opportunity to advise the teacher of injuries/health concerns/pregnancy.

What should I wear?

- Wear comfortable loose (not baggy) or stretchy clothing.
- Yoga is practiced in bare feet. Please remove your shoes just inside the door and place shoes and bags on the shelves provided.
- **For hygiene reasons:** do not walk on the carpet while wearing shoes.
- Please avoid wearing watches and tight belts. Also, avoid wearing jewelry that can catch in the carpet and injure you, or in the studio mats and blankets and damage them.

What is expected of me?

- For the comfort of all participants please do not come to class smelling of strong perfume/aftershave/deodorant and/or cigarette smoke. **If you smoke do not smoke in the clothes you wear to class.**
- Please ensure that mobile phones are switched off or on silent.
- Classes start and finish on time. As a courtesy to the teacher and other students please arrive 5 to 10-minutes before the start of the class to allow yourself time to settle in.

- Please practice *mauna* when you arrive at class. *Mauna* (sacred or noble silence) is a practice of pratyahara (withdrawal of the senses) the 5th yogic limb. The practice of pratyahara teaches us to quiet our mind and internalize our awareness enabling us to see and feel at a deeper level making us more sensitive to others and the energy around us.
- Please stay for the entire class. If you need to leave early please speak to the teacher before class starts.
- The studio door will be unlocked 20-minutes before the class start time (the sign will be set to open) and locked at the start of class (the sign will be set to class in progress – please do not knock or try the door when the sign is set to class in progress).
- If you do find yourself running late don't rush – this is your time – take time to settle yourself in, however, once the studio door has been locked students will not be permitted to enter the class.

What do I need to bring?

- If you are a new student please bring a completed registration form to your first class and arrive 20 minutes early so the teacher can go through the form and show you around.
- There are studio yoga mats and blankets available for use – however, if you have your own please bring them.
- **Strictly no glass on the carpet.** Please feel free to bring a metal or plastic water bottle, however, glass bottles, drinking glasses and ceramic cups are not to be brought to class.
- In hot weather please bring a small hand towel.
- Eye-bags are supplied for relaxation. For hygiene reasons **always** place a tissue from the box provided between your eyes and shared eye-bags. If you have your own eye-bag please bring it.
- The studio has an adjoining toilet and small change area.

What can I expect?

- To be treated with respect and compassion by both the teacher and the other students.
- To practice in a non-competitive atmosphere where you progress at your own pace.
- To learn to accept yourself for who and where you are, and treat your body with love and ahimsa (non-violence).

Who is Yoga for?

- Everyone – regardless of age, gender, sexual orientation, race, religion, experience, and flexibility.