

# LAYA YOGA

## Key Points

- Bookings are essential
- The Shala (practice room) is a phone free zone for your own peace and connection
- Arrive 10-15 minutes before class starts
- You can use our good quality mats or bring your own
- Please let your teacher know of injuries or concerns of any kind
- We recommend you to hydrate yourself and avoid heavy meals 2-4 hours before class
- We encourage you to speak softly (if needed) in the Shala
- It's your practice and our instructions are just invitations
- Enjoy freshly brewed tea and chats after your sessions