

Dear Yogis and Yoginis,

Please note the following information for joining our classes in the studio or online:

GENERAL RULES:

If possible, please do not eat any heavy meals 2 hours before the class to avoid unnecessary strain on the body.

Participation in the course is at your own risk. You practice barefoot in comfortable training clothing - e.g. a T-shirt and flexible trousers - that do not restrict your movements. In addition, it is advisable to bring a pair of warm socks and a sweatshirt or jacket so that you do not cool down at the beginning / end of the lesson during the relaxation phases.

Please register in the booking portal in good time to participate in the studio. If the course is fully booked, you will get a place on the waiting list and move up automatically as soon as a place becomes available. If that is not possible, you can alternatively always take part in the course online: all lessons are also broadcast online at the same time. So if all studio spaces are occupied, you can also participate online via Zoom.

Cancellation rules:

If you are unable to attend an appointment within the course duration, please cancel the appointment in the booking portal or let me know in good time (by sms / email). Please remember to register correctly for participation in the studio or for the online course or to rebook if there is a change (= cancel and rebook).

A booked studio appointment can be canceled in the booking portal up to a maximum of 6 hours before the start of the lesson, the online appointments can be canceled up to 1 hour before the start of the class. If you cancel on time, the "Credit" will be credited to you; You can then make up for this appointment in an alternative course on one of the other days of the week within the course duration.

RULES for participation in the YOGA STUDIO

Avoiding the risk of infection:

To avoid infection (corona) risks, I ask you and all other participants to only take part in studio To avoid (corona) infection risks, I ask you and all other participants to only take part in studio lessons if you are fully vaccinated or you have fully recovered from your infection.

According to the Hamburg Corona Protection Ordinance, there is currently no longer a mask requirement. For your own protection, keep a sufficient distance from the other participants.

When with symptoms of an acute respiratory illness /virusinfection or or without sufficient proof of vaccination we kindly ask you not to come to the studio but to participate at an online class instead.

Yoga mats and props

Please bring your own yoga mat and a small towel / yoga towel with you to class. Any aids used (pads, belts, pillows, blankets) are available in the studio. For yin yoga lessons, please also bring a pillowcase (80x80 or 60x100) with you so that you can use it as your own hygienic cover for the large bolster.

Changing Room

Ideally, the studio should be entered in training clothes, as the changing room can only be used to a limited extent for reasons of space (distance rules).

Drinks:

We suggest to bring something to drink in your own drinking bottle (tea, non-carbonated water or juice)

Ventilation

As the training room has large windows or a fan, adequate ventilation is ensured. We will keep the windows open as often as possible, including during class. Please therefore think of sufficient warm or long-sleeved clothing so that you do not cool down, especially during the relaxation phases!

Registration requirement

Your class attendance will be logged via your registration in the YogaYatra booking portal. Please make sure that all your contact information (name, email address, mobile phone and home address) is entered correctly here.

RULES FOR ONLINE CLASSES

Please find a good place for your yoga mat with enough space for you to move. Have the suggested props (blocks, blankets, pillows, etc.) nearby.

With the booking link you can log in to the yoga class on your computer / tablet / smartphone via "Zoom" right before the course begins. You can join the virtual yoga room approx. 5-10 minutes before the start of the respective course. If you have registered via the booking portal, you can dial into the VideoCall directly from there. Alternatively, the booking link will be sent to you by email about 15 minutes before the start of the course. Please keep your camera visible during the class so that corrections can be made.

Thank you very much for your consideration and thoughtfulness!

I look forward to meeting you on your mat!

Best regards,
Renate Gritschke

