



The Om Yoga Studio

Welcome

We have listed some useful pointers to help you with your first yoga class in the Om Zone

Parking.

- There is on road parking available in Balmoral Road and further up along Queens Park Parade at anytime. There is a car-park at ASDA over the road which is not monitored which can be used. Bells also have a private car-park which is available for use but only out of office hours i.e. after 5.30pm Monday through Saturday and all day Sundays. Please avoid using the car-park during office hour as we have an arrangement and they will issue parking fines as stated on their signs. We would recommend that you avoid using the car-park at ALDI as they monitor their car-park with CCTV and will issue fines after 90 minutes regardless of whether the store is open or not - including Sundays

On arrival.

- There is a secure side gate which requires an access code. Please text Debbie on the mobile number below at least a day before the class to get the code
- Once through the gate, please keep walking down the path to the studio which is at the bottom of the garden
- Please remove your outdoor shoes whilst in the studio
- Please turn off all mobile phones
- There is a toilet available upstairs for your convenience
- There is also an open space upstairs to change out of your day clothes if required
- The studio is open 20 minutes before class for you to settle into yourself [except if there is a class beforehand i.e. the Tuesday 7.30pm class follows another class]
- If you are waiting for the previous class to finish can you please respect their relaxation time and keep in the 'whisper zone'

What to wear and bring

- Please wear loose fitting clothing
- Appropriate footwear would be socks or barefoot subject to reasonable hygiene
- There are yoga mats available in the studio but please bring your own mat if you have one
- Please bring your own water if you want to
- Please return any mats or equipment to where it lives after the class is finished
- Please can you make sure the gate is shut when you leave