

General Practice Guidelines:

- Practice on an empty stomach; wait at least 3 hours after eating [1].
- Clear bowels and bladder, nostrils, and throat before starting yoga [2].
- Bathe before yoga, or preferably afterwards when body temperature is normal (wait 20-30 minutes) [3, 11].
- Avoid tea or coffee while practicing [4].
- Wear loose and comfortable clothing [5].
- Use a yoga mat; do not practice on bare ground [6].
- Women should not practice asana during menstruation [7].
- Exhale when bending forward and inhale when moving backward [8].
- Children over 7 can do all asana [9].
- Practice should be under the supervision of a Guru [10].
- Avoid using fans although this can be adjusted for different seasons [12].
- Maintain silence after practice for stress relief; Shavasana is recommended. After 15-20 minutes, you can bathe, eat, etc. [13].
- Attend classes regularly for full benefit [14].
- Class Changes: Classes may be changed or cancelled without notice. Sera Yoga is not liable for refunds, transfers, or compensation for such occurrences [15].
- Teacher Changes: Teachers are subject to change without notice [16].
- Arrival Time: Arrive at least 5 minutes before class; late entry is discouraged and not guaranteed [17].
- Gear: Bring a mat, towel, and water bottle. Limited mats are available to lend [Classes room].

- Prohibited Items: No shoes or cell phones are allowed in the yoga studio space [Classes room].

Medical & Pregnancy Information:

- Injuries/Medical Conditions: If a doctor has advised against exercise due to injury or medical reasons, contact sereyoga@gmail.com. A doctor's letter will be required, and the account can be frozen for an agreed period [Medical Issues, Injuries & Pregnancies].
- Client Responsibility: Sera Yoga is not responsible for clients who don't follow instructions or haven't disclosed medical conditions/injuries. It's your responsibility to inform the instructor if you feel unwell or experience discomfort [Medical Issues, Injuries & Pregnancies].
- Pregnancy: Inform the studio as soon as possible if you are pregnant, as some classes may be unsuitable [Medical Issues, Injuries & Pregnancies].

1. Cancellation & Rescheduling**

* *More than 24 hours before class:* Clients may cancel or reschedule their session at no charge. We will work with you to find a new convenient time.

* *Less than 24 hours before class:* Cancellations or rescheduling requests made within 24 hours of the session start time will result in a charge of *50% of the session fee*.

2. Late Arrival

Please be ready for your instructor at the scheduled time. As the instructor may have other commitments after your session, late arrivals cannot be guaranteed a full-length class. The session will end at the originally scheduled time.

3. Instructor Cancellation & Unforeseen Circumstances

* Your instructor reserves the right to cancel a session due to illness, emergency, or unsafe weather/travel conditions.

* In the unlikely event of instructor cancellation, you will be notified as soon as possible and will receive a full refund or the option to reschedule at your convenience.

* We do not charge for cancellations due to truly unforeseen emergencies (e.g., sudden illness, family emergency). We simply ask for communication as soon as possible.