

Crucial things to know about Sitaram Yoga classes

What to Bring

Pregnancy yoga:

There is no need to bring anything with you, except perhaps a bottle of water. Mats and blocks are provided in all locations. You just need to bring yourself and your registration form, which you can download from the website. Please do not email the registration form, it is better to bring it with you. If you are going to the King's College Hospital classes or birth rehearsals and you like to be extra comfy, you can bring a small cushion, pillow or a blanket for the final relaxation period. Cushions and pillows are plentiful in the other locations.

Postnatal recovery and baby yoga:

No need to bring anything at all, except whatever helps you and your baby be happy for the time of your class, e.g changing mats, spare set of clothes for the baby. Many mothers also like to bring along a muslin or small cloth which is a familiar thing for the baby to lie on, and this can be spread over the cushions, but it is not vital.

What to wear

Pregnancy/postnatal and general classes

Wear anything that you can move in comfortably: t-shirt and stretchy trousers with some give in the waistband are the best options. Skirts don't work, and jeans are too restrictive to let you move easily. Go for something simple without belts, or lots of buttons and zips to stick in you. The classes are done in bare feet, so socks are easier to manage than tights. Please leave your shoes outside the yoga rooms or take them off just inside the door. Same for babies and children – in warm weather it's nice for them to have their feet free.

When and where to come

Please aim to arrive on time for the start of the class. It can be disturbing for others and unsettling for the latecomer as well as the teacher to have to shift the class around once it has started. There is no need to arrive very much before the class, even for the first time. Five minutes before class begins is great. Directions to all locations (Holmewood Gardens, Kings College Hospital, St Thomas's Hospital and Brockwell Lido) are up on the website at <http://www.sitaram.org/locations/index.html>

How to pay: Sitaram 'Passport Cards'

Please do not pay until you have completed your first class. We want you to be sure that it suits you before you pay for a batch. If you chose to do more classes *after* your initial class, then please visit the paypal service on the Sitaram website and pay for a block of eight classes, which will include the first class you have already taken. Then bring the paypal receipt with you to your next class and your teacher will give you a 'passport' which you can use at any Sitaram class of your choice. If you prefer you can pay for the block of classes by cheque, made payable to Sitaram Partnership. If you just want to do the single class, and not return, then you can pay for it in cash at the end of the class. Please note that cash prices are higher than pre-pay prices.

Once you have made a block booking then each time you come another box will be ticked off, so you can use up your pre-paid classes as and when you are able to come. You do not have to come every week. You can switch into any class on the schedule so long as there is room for you. It is wisest to ring and check this, or talk to the teacher if you are planning to switch classes.

If you have classes left over at the end of your pregnancy you are welcome to take the remaining classes as postnatal recovery and baby classes. If you move out of the area, or for any other reason are unable to use up your classes postnatally, then we are happy to give a full refund if you send back the card. For postnatal recovery and baby yoga classes the same 'passport' system applies, and the passports are valid for eight months from the time of your first class.

Thank you, and enjoy your classes.