

Yoga with Kate - Cawood

FAQs

How do I pay?

Payment is made via cash at the class (bank transfer option coming soon!). Please bring correct change if you can.

What should I wear?

Some people wear baggy, loose fitting bottoms and a t-shirt. Other people wear tight stretchy leggings and tops. The only thing that matters is that you wear comfortable clothes that you can easily move and stretch in. It's good to be barefoot for the majority of the class.

Throughout the class you'll warm up so it's good to wear clothes that keep you cool, but bring a jumper for relaxation, when the body rapidly cools down. Some people also bring socks for this part.

Do I need my own yoga mat?

Yoga mats, bricks and straps are all provided, but feel free to bring your own if you prefer. All equipment is wiped down at the start and end of each session.

I've never done yoga before, can I still come?

Yes! All abilities and ages welcome. Different options are given throughout the class so everyone can take things at a pace that suits them

If you have further questions please get in touch via the contact details below:

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