



Health and Safety for Yoga & Art sessions

1. The session will start at 10am, please enter the session 5 minutes beforehand so we can begin on time.
2. You'll need a yoga mat if you have one. If you don't own a yoga mat, a clear and comfortable space on your floor will be fine.
3. Wear comfortable clothing that you can move and stretch in.
4. You'll also need a cushion/pillow, blanket and maybe an extra layer to keep you warm, especially for the relaxation section of the class.
5. The session will involve slow and carefully paced yoga that I will guide you through, and I'll be offering different options and variations throughout. Please look after yourself during the class, choose the options that work for you, and be mindful of any injuries or health issues you have. If any movements or postures cause you pain, it's best to try an adaptation/variation, or pause and rest at this point.
6. If possible, try to find a quiet and private space for this session. This is your time to relax and do something for yourself, without any distractions!
7. And finally, we welcome any feedback you have about this experience. Please complete this audience survey to help inform our decision-making around programming of future events - <https://uk.culturecounts.cc/s/6etPKF/splash>