

Rules and Regulations: Yoga

1. Participants must arrive at least 15 minutes prior to the scheduled start time.
2. Participants are required to wear comfortable, stretchable clothing.
3. Yoga mats will be provided, but participants are encouraged to bring their own if preferred.
4. All participants must follow the instructions of the yoga instructors.
5. Participants will be judged on their technique, posture, and overall performance.
6. The judges' decisions are final and binding.
7. Participants are advised to inform the instructors about any medical conditions or injuries prior to the session.
8. Participants must listen to their bodies and take regular breaks if needed.
9. In case of an emergency, participants must follow the instructions of the instructors and staff.
10. Participants are expected to maintain silence and respect during the sessions.
11. Participants must not disrupt or interfere with other participants' practice.
12. Any behavior deemed unacceptable may result in disqualification or removal from the event.
13. In case of cancellation due to unforeseen circumstances, participants will be notified in advance.
14. Refund policies (if applicable) will be clearly communicated prior to the event.

15. All yoga sequences and techniques used during the event are the property of the instructors or respective owners.

Yoga: Etiquettes to be followed

1. Arrive on time: Plan to arrive at least 10-15 minutes before class.
2. Greet instructors and fellow students with a respectful “Namaste”.
3. Remove shoes and socks: Leave them at the door or in designated areas.
4. Use a clean mat: Bring your own mat or use a clean, provided one.
5. Be mindful of personal space: Respect others' space and practice area.
6. Minimize distractions: Avoid using phones, chatting, or making excessive noise.
7. Return props to designated areas after use.
8. Familiarize yourself with specific studio guidelines.
9. Treat others with kindness, compassion, and respect.
10. Help others when needed, especially with props or setup.