

The Rules of Engagement

These are the most important rules/ norms regarding fee payment, class attendance etc. This is not an exhaustive list. Please carefully read through the detailed listing of rules and norms on our website.

- Fees
 - Your class fees are payable in advance at the beginning of the month/ quarter.
 - The fees that you pay, is for the weekly classes and the self-practice sessions. The monthly fees do not cover the cost of workshops/ special events etc.
 - Fees once paid cannot be refunded or transferred – either to another period, or to another person
 - Fees are payable for the whole month – not for weeks and fortnights.
 - Amount of fees can change depending on the vacation schedule (summer vacation in May, Dussehra vacation in September/ October and the year-end vacation in December). Please look out for notices/ announcements regarding this.
 - In addition to your monthly fees, the only other compulsory payment is as annual contribution made to the Special Events Corpus. This corpus takes care of common expenses incurred in organizing special events, such as catering, logistics and hosting guest teachers/ experts.

- Our classes are organized into batches. Each batch has a fixed class schedule. Based on your convenience, you can choose from among the available batches at the time of admission. The classes often get quite crowded, and different batches are at different levels, and usually follow different themes/ sequences. Therefore, if you miss a class, you will not be able to make-up for it in another batch.

- The efficacy of this system is dependent upon regular attendance. Erratic attendance or continued absence will result in cancellation of admission.

- As our numbers grow, new instructors will be trained and inducted. The primary teachers reserve the right to delegate the teaching responsibility to other trained instructors. You are always welcome to contact the primary teacher(s) in case you have any queries.
- Do not use any recording instruments like camera, video/ audio recording without express permission of the primary instructors.
- The class schedules are periodically rationalized. Fees are periodically revised. All such changes are announced in class and the information is updated on our website.
- We are committed to zero-tolerance of sexual harassment and have a policy that we adhere to. We have an Internal Committee comprising students, teachers and external advisors to ensure implementation of this policy. You will find the names/ contact details of the Committee members displayed in our premises.
- Specific instructions for each session:
 - Please arrive at least 5 minutes before the beginning of the class and stay till the end. The initial invocation to sage Patanjali, and the final *Savasana* are an integral part of the class. You may choose not to recite the invocation, but take the time to settle in and get ready for the class.
 - In case you need to leave early, inform the instructor in advance so you can be instructed about an early exit. A slowing down period is important towards the end of the session
 - Do not eat a heavy meal 3 hours before the class, and light meal for an hour before class.
 - Avoid drinking water during the class. However, do not start class feeling hungry or thirsty – you might feel distracted/ weak or

dehydrated.

- Recommended dress code: be prepared for a full range of movements - including going upside down - in every class. T-shirts and shorts, with the T-shirt tucked into the waistband of the shorts, is the widely accepted dress code in our classes across the world.
 - clothes that are too tight do not allow for the full range of movement
 - clothes that are too loose will get in your way and will not hold when going upside down/ lifting the legs up etc.
 - slippery, synthetic material does not provide adequate grip in many positions.
- Do not wear strong deodorants and perfumes to class.
- Avoid bringing valuables to class.
- We have limited storage area for the props, and we take a lot of care to ensure that everything is kept in its place and folded/ stacked neatly. Please pick up and store your props properly after use. Ask the instructor if you are not sure.
- Switch off your mobile phones. If you are expecting an important call, by all means keep your phone on, but take the call outside the class.
- Inform the instructor in advance if suffering from ANY medical condition, fasting, menstruation or pregnancy.
 - Restorative poses can alleviate the weakness due to fasting, and hasten recuperation when recovering from fever. For women, an adapted practice is greatly beneficial during the days of the monthly period.

- In certain conditions – e.g. if running a temperature - complete rest is recommended and it is best not to come to class.
- If you have an infectious condition, it is advisable to stay away from the class to prevent the infection spreading to others.
- Although yoga can help greatly in maintaining a healthy pregnancy, the general classes are not suitable for pregnant women. Stop coming to the general classes immediately if your pregnancy is confirmed, and inform the instructor.