

Hot Yoga Oxenford – Studio Etiquette

Welcome to Hot Yoga Oxenford, whether you are just visiting our site or have decided you would like to come say hi and see our beautiful space here is a little more info on how we hopefully bring an amazing experience to our community.

Opening Hours:

The studio does not have a regularly staffed reception desk. Therefore, we do not advertise regular operating hours. Hot Yoga Oxenford teachers make every effort possible to arrive at the studio *30 minutes* prior to class commencement time. Please refer to our class schedule online to familiarise yourself with these hours. The studio is not always staffed outside of the class scheduled times. Therefore, please do not presume that a staff member is always present on weekdays or weekends during normal operating hours. If you require assistance, please call us on **0499 804 873** or email us at hello@hotyogaoxenford.com.au.

We reserve the right to change our opening hours on any given day without notice. You will be notified in writing of any permanent changes to our opening hours and/or schedule.

Bookings:

All classes have strict capacity limits, which are always strongly upheld. All bookings must be made prior to arrival and paid in full. **ANY UNPAID BOOKINGS WILL NOT BE HONOURED OR CONFIRMED.** Please contact the studio to make payment over the phone if you are having trouble online. Bookings can be made online via our website or the Mindbody Online mobile application, which is available on both android and apple operating systems.

Age Restrictions: Minimum age to attend Hot Yoga Oxenford is 16 years, with parent or guardian.

If students wish to bring a minor to the studio, permission **MUST BE** acquired in advance from Hot Yoga Oxenford Management. Hot Yoga Oxenford teachers are not authorized to give permission to minors. Therefore, any patron under the age of 18- years who attends a class without prior approval, may not be guaranteed entry. Any patron under the age of 18-years, that has been approved by studio management, must always be accompanied by a parent or guardian when inside the studio premises. Parents and/or guardians must complete and sign all necessary documentation for the participating minor and must also provide written consent that the minor is safe to practice. Hot Yoga Oxenford does not presume liability of a minor, in the event of injury.

What to bring?

All students must bring their own yoga mat. If you forget to bring your own mat, the studio will offer a rental mat for a non-refundable \$5 hire fee. It is recommended that you bring a large non-slip towel and a water bottle for your class. We do provide filtered water at the studio, should you need to refill. We do also recommend that you bring a second (and even third) towel for **AFTER** class, to wipe away any excess sweat or to possibly shower in the facilities provided. A fresh set of loose-fitting clothes is also handy if you wish to freshen up.

STUDENTS ARE NOT PERMITTED TO PRACTICE WITHOUT A YOGA MAT AND SUITABLE TOWEL.

Arriving & departing classes:

Classes will begin and complete on time, as advised in the schedule online and in-store. Studio doors will be locked at the commencement of the class time and late attendees **WILL NOT** be granted access. Please ensure that you plan your journey with enough time to arrive at the studio with 5 *minutes* to prepare for your practice. Classes will not be kept waiting for students who arrived 'right on time'. Give yourself ample time to place your belongings in the pigeon-holes provided, to fill your water bottle, find a suitable space in the room for your mat, and possibly go to the bathroom if you need. With current COVID-19 restrictions, all students must use the hand sanitation station upon arrival and departure. Please also always maintain social distancing measures.

Student Attire:

Shoes must be removed upon entry into the studio and are not permitted inside the yoga rooms. Please place shoes in the provided pigeon-holes before entering the yoga space. No student, regardless of gender or sexual orientation, may practice in their underwear (including, but not limited to, jocks, boxers, trunks, speedos, G-strings, lingerie, underpants, non-sports style bras, or camisole night tops). Males are required to wear underpants or privacy shorts underneath any loose-fitting clothing that has not been specifically designed for hot yoga purposes. This is necessary to conceal and control the bodies private areas. Females may not practice in string bikinis, lace garments, or any loose-fitting shirts without appropriate undergarments that adequately conceal and contain private areas.

Silent Spaces: (talking, mobile phones, smart watches/devices)

Here at Hot Yoga Oxenford we make every effort to create a peaceful space for our members to enjoy before and after class. For this reason, our yoga rooms are SILENT SPACES. Conversations are always to be kept at a low volume and must only be held in the reception area or outside. Phone calls are not permitted inside the yoga spaces. If you need to make or take a phone call, please step outside of the studio doors as voices in reception often carry. Mobile phones are not permitted inside the yoga space. All students MUST ensure mobile phones are turned to silent and non-vibrating prior to entering the room. All smart watches and smart devices must be set to Silent or Do Not Disturb, prior to entering class. Any student found to be disrupting the practice with digital alarms, notifications or sounds will be spoken to by Hot Yoga Oxenford staff. Any student needing to take a mobile digital device into the yoga space for on-call purposes or personal emergency MUST seek prior approval by Hot Yoga Oxenford staff prior to class. All devices must be silenced and set to non-vibrating, in consideration of other students practicing.

Personal Belongings:

Hot Yoga Oxenford and its staff are not responsible in any way for the safekeeping of your personal belongings. We recommend that you only bring items that are required for your class, and you leave any valuables at home. No items (including phones, keys, bags, etc.) are permitted in the yoga room, apart from your yoga mat, water bottle, and towel. Please be mindful that studio doors are locked at the beginning of each class and there is no further access to the studio for members of the public while the class is in session.

Prop Use:

Our props are available to use during class. Students are welcome to bring their own and spray with disinfectant on arrival or place a towel, scarf or covering over any borrowed props. All props are to be left in the location given by the teacher to allow for cleaning after class.

Personal & Studio Hygiene:

For the health of all students, teachers and the broader community, students are not permitted to attend classes, workshops, or events if they are unwell or exhibiting any symptoms of contagious illness. Hot Yoga Oxenford staff reserve the right to refuse entry to any patron that is exhibiting flu-like symptoms, or similar, to protect the health of other patrons.

Always dispose of any used tissues or hand towels in the bins provided. Any mats and/or towels that are hired from the studio are to be placed in the required areas for cleaning. If you sweat excessively, it is a requirement that you bring an additional towel to remove excess sweat before leaving the yoga room, walking through reception, and heading upstairs to the change room facilities. Our facilities are open and of a co-ed nature. Please be respectful of other students in the space whilst showering and changing before or after class. For water conservation and consideration of your fellow yogi, shower times are to be kept minimal. Refrain from spitting or urinating in the showers AT ALL TIMES. Hot Yoga Oxenford make every effort to provide you with essential toiletries where possible. We have also provided additional extras, including a hair dryer, straightener, and other helpful resources. Please be considerate when using these supplies and ensure the space is kept tidy for your fellow yogi's.

Smoking is completely prohibited inside and directly outside the studio.

Photos & Videos:

Inside the Studio We respect the privacy of our students and teachers during their visit to our studio. As this is a place of healing and self-growth, no students are permitted to take photos or videos inside the yoga rooms during practice. In the event we are running a special event and/or marketing campaign, the teacher will announce at the beginning of class if any photos are going to be taken and will seek prior consent from all students.

Harassment & Misconduct:

Hot Yoga Oxenford has a **ZERO TOLERANCE POLICY** for harassment and misconduct of any kind. Hot Yoga Oxenford reserves the right to have you removed from the premise and/or refuse entry, in the event that you are behaving in an anti-social, predatory, intoxicated, disorderly, aggressive, offensive, or dangerous manner in any way which may impact upon the direct and/or indirect, social and/or physical security of our students, teachers, or other patrons visiting the studio.