

welcome!

ESSENTIAL INFORMATION – PLEASE READ.

First of all, thank you and welcome to our yoga society. Yoga is an ancient science of total health that is over 5000 years old. Please take note of the following important points. Congratulations to your path in Yoga.

1. We encourage a 2½ hour break after any heavy meal before commencing lessons.
2. Do **NOT** attend classes if you are sick especially down with flu or fever. Take adequate rest and drink plenty of water.
3. Please wear appropriate apparel like long slack and comfortable top that does not restrict movement.
4. Keep your belongings – water bottles, towels, etc., out of other students' space.
5. Come to class on time. If you are going to be more than 15mins late, please call to confirm that you are coming as they may others who like to do a make-up class at the time slot. We reserved the rights to give up your space to others if you do not call. If you know that you would not be coming for the class, we would appreciate that you inform us as soon as you can.
6. Walk around mats; don't step on other students' mats.
7. It is appreciated if you rinse off perfume or cologne that might irritate other students.
8. Time your departure. If you need to leave the room early, try to practice near the door. Do not distract others.
9. All cellular phones must be switch **OFF** before classes commence.
10. We allow make-up class if there is space in that time slot you requested. You should always try to arrange a make-up class as early as possible to avoid disappointment. All make-up classes must be done within the same week.
11. Those who wish to request for a Certificate of Attendance, 100% attendance would be required. So, it is essential that you sign in every time you attend the lesson. We charged a nominal admin fee of \$10.00 for the certificate.

Should you have any queries, complaints or suggestions, please do not hesitate to contact the undersigned or email us at yoga@anandamarga.org.sg. We appreciate all feedback and suggestions.

We hope you will enjoy and benefit from your lessons as much as we enjoy teaching all of you. We also hope you will endeavor to do regular practice at home and maintain a healthy balance lifestyle. You may wish to attend our work-out classes at our centre after you completed your beginner's session, for a more healthy weekly routine in your lifestyle.

If you wish to receive our e-newsletter, don't forget to provide your email address and state clearly. If you wish to know more about ananda marga society and what other services we are doing, please visit our website or you may like to speak to us. www.anandamarga.org.sg

Thank you for having the confidence in us,
We remain, humbly,

Ananda Marga Yoga Society of Singapore
Dada Shankarsan'ananda, (Acarya/Senior Yoga Teacher)
Krsnadeva aka Jeremy Tan (Centre Manager)

Happy Yoga-ing!! Namaskar!



SINCE 1972

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