

GUIDE LINES

How to prepare for the practical and Theory yoga class:

1. Please do not eat for at least 2 hours before the class. Please do make sure that you are well hydrated.
2. Wear loose comfortable clothing and dress modestly, as appropriate for a group session. Wear cloths which are covering Knees and Shoulders. Avoid wearing accessories and no contact lenses at all during practical class. Avoid using any scents or perfumes when attending practical class.
3. Put your phone on silent mode or do not disturb so that you can experience the class without distractions.
4. Please login to Zoom and join the session 10 minutes before the start time.
5. Participants will not be admitted after the first 10 minutes of the session.
6. Turn on your camera and keep your device approximately 4 to 5 feet away from your yoga mat. You will have a much better view of the class on a laptop/tablet.
7. Position your yoga mat horizontally in front of your device so that the teacher can see you practising.
8. Participants who do not turn on their video camera will be removed from the session by the host.
9. Attend sessions from a quite place where people are not moving around or pets and small kids are not disturbing focus of the class.
10. Please mention your name clearly on the screen.
11. You can ask a question by Un muting your mic (in the lower-left corner of the screen). Remember to mute it again afterwards!
12. Please take good Internet connection for better communication (preferably 2GB or more) so you can attend the sessions with Video on.
13. Submit weekly submissions on Tuesday. (Share it on Google drive) Submissions shall be marked weekly and the passing shall be 70%.
14. Maintain and submit Diary on Tuesday. (Share it on Google drive)
15. 3 Internal evaluations will be done.
16. An ounce of practice is better than tons of theory.
17. Cure is sure if your faith is pure.
18. Yoga is disciplined way of living.
19. Payment must be made in advance.
20. There is no refund.

21. All practices are non compulsory. Please listen to your body.
22. Yoga therapy is process of integration to facilitate wholeness and self awareness.
23. Please inform the teacher prior to class, If your are unwell, on your period or have any challenges to your health. (Injuries, pregnancy, surgery, medications etc.)
24. Yogalaya is not responsible to any injuries happened during and after the practice. Pay attention. The teacher will be able to teach you the proper way to do a pose and even suggest a variation so you do not push yourself too hard.

Prerequisite for getting the Yogalaya Pune's Certificate on completion....

- 90% Attendance in both Practical and Theory class is require.
- Maintenance of Daily diary and its submission on every Tuesday is require. (Share it on Google drive)
- Submissions passing shall be 70%.
- 3 Internal evaluations will be done during the course and at list 70% marks are require after the evaluation.

I hereby declare that I read the guidelines and understood. I agree to follow the points mentioned above.

Name : Yogesh Haribhau Kulkarni

Signature : _____

Date : 9 January 2022

Daily Diary Points

1. Waking up time
2. Bed time
3. Did you Practice ?
4. Did you study ?
5. Relaxation
6. Water (no's of glasses)
7. Time of breakfast
8. Time of Lunch
9. Time of Dinner
10. What you eat in BF
11. What you eat in L
12. What you eat in D
13. Mental focus 1 to 10 (1 is bad 10 is good)