

## Yoga on the Pier

Join local senior yoga teacher, Helen McCabe, for these weekly Wednesday morning yoga sessions on the beautiful location of Swanage pier this summer. These hour-long sessions will be gentle guided flow classes suitable for all levels and will include an introduction to simple breathing techniques, some standing and seated postures and a guided relaxation.

These classes will take place outdoors, on the pier itself, with the beautiful views of Swanage Bay as our backdrop. The nature of the location, however, does mean that the floor surface is not as even as an indoor floor, which you need to be mindful of. Please dress in clothes that are comfortable to move about in. We are also exposed to the elements and hopefully will be blessed with warm sunny mornings but do please come prepared with layers for extra warmth and hat / sunscreen, as appropriate for the weather. Yoga is traditionally practiced barefoot, so a mat is essential. If you prefer to wear suitable outdoor fitness shoes that is also OK. Due to current restrictions we are unable provide mats, therefore please bring your own along. You may also like to bring a cushion to sit on and a blanket or shawl for the relaxation at the end.

Please inform the teacher before any class of any injuries, operations, if you are pregnant or have any medical conditions so that we can give appropriate modifications. If you have any injuries or medial conditions, we would also recommend checking with a doctor or medial professional for their advice before attending any yoga class. All levels and abilities welcome. Not suitable for children.

The Pier and the teacher do not accept responsibility for lost, stolen or damaged goods whilst on the Premises.

If the weather is too wet, wild and woolly the class will be cancelled, and we will let you know via telephone and email. In the event of cancellation due to the weather, a full refund will be given, or money transferred over to another date if there is availability

Due to the current situation the following it in place -

- All mats at least 2 metres apart. Helen will direct you as to where to place your mat.
- Please arrive around 10 minutes before the class starts.
- If you feel ill or show any symptoms of covid-19 please cancel your space by contacting [activities@swanagepiertrust.com](mailto:activities@swanagepiertrust.com) and do not come along to the class.
- We are unable provide mats or props, please bring your own along, including a cushion to sit on and a blanket or shawl for the relaxation at the end.



- In accordance with government guidelines, please change before you come to class and please bring with you as little as possible. Valuables can be left near to you on the pier in the designated area.
- Please stay on your mat during class or within the designated area.
- 2m social distancing to be observed at all times, by teacher and participants, including on arrival and leaving.
- Hand sanitiser is available at various stations on the Pier itself for you to use at the start and end of every class.

***By paying for a class, you confirm that you have read and agreed to the above terms and conditions.***

If you have any questions, please do not hesitate to contact the Pier on 01929 425 871 or [activities@swanagepiertrust.com](mailto:activities@swanagepiertrust.com).

