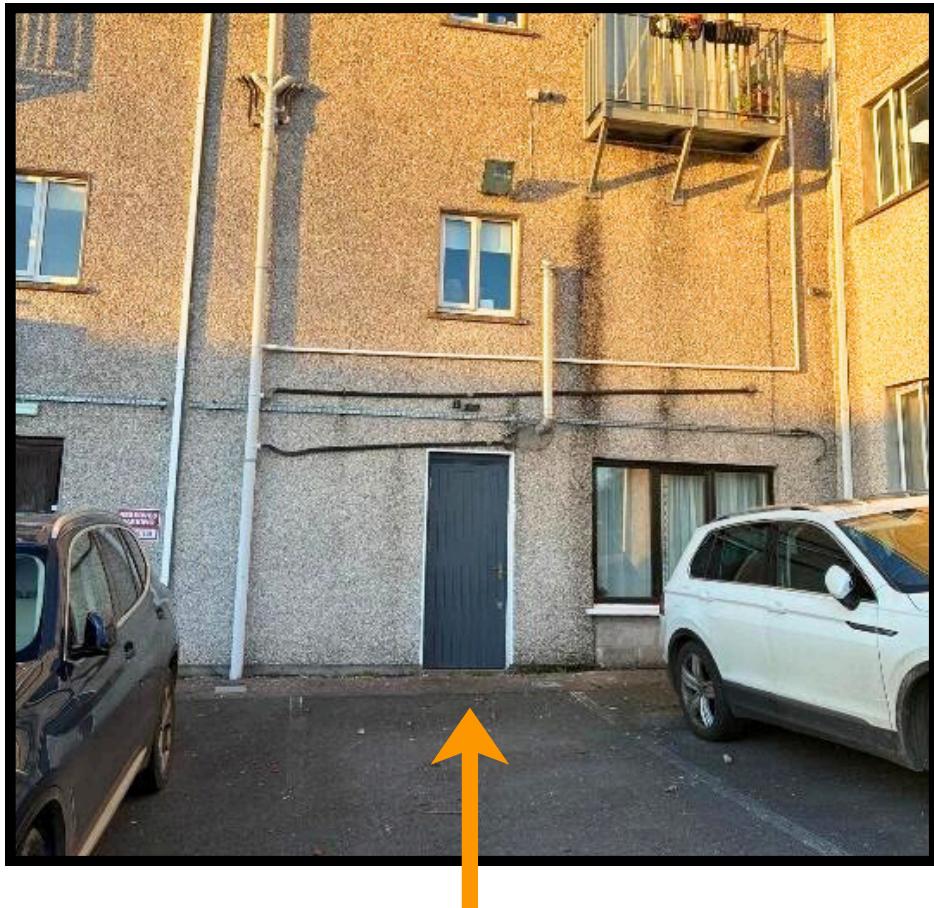




The Yoga Space Visual Guide



This guide will help you know what to do and what to expect when you visit the Yoga Space.



Arriving at The Yoga Space

You can park your car in the rear carpark.
This is where you will also see our backdoor.
This is the main entrance to the studio you can
enter through.



Entering The Yoga Space

You will go through the backdoor to the studio.

In this entryway, there is storage for your shoes and a place to hang up your jackets or bags



The bathroom is straight ahead of you if you need it.

The door to the main yoga space is directly to your right as you enter.



When you come inside, you will see Amerie or another instructor to welcome you.

They are friendly, happy to see you and will help you.



Exploring the Studio

This is the main large room where yoga classes take place.

You don't need to bring anything into the studio unless you need something, like sensory items or a water bottle.



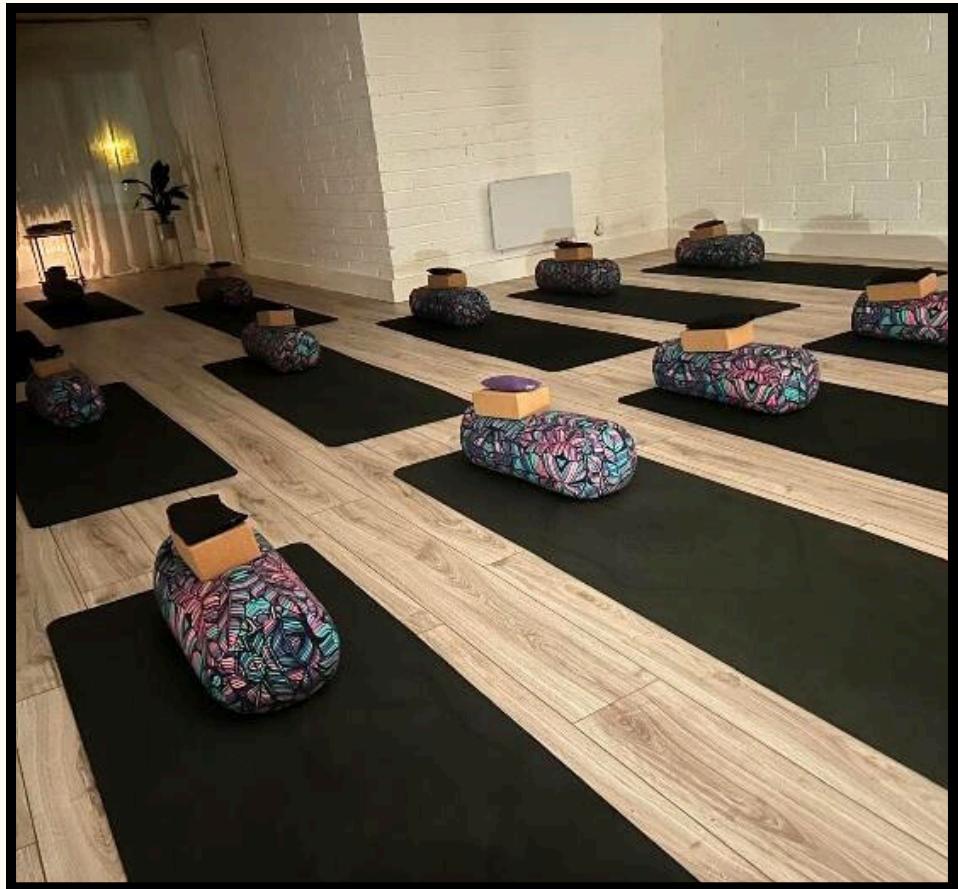
People wear socks or bare feet during the yoga classes.



Sensory Information



We keep the studio nice and relaxing.
Usually, there is soft lights and gentle music.
Usually, there are no loud sounds or bright lights.
You might smell scented candles or incense.
If you feel overwhelmed, you can take a break.
You are welcome to wear ear defenders.



Using the Equipment

All the equipment will be waiting for you when you arrive. You can follow the instructions or ask a staff member for help.



Taking a Class

If you join a class, the instructor will show you what to do.

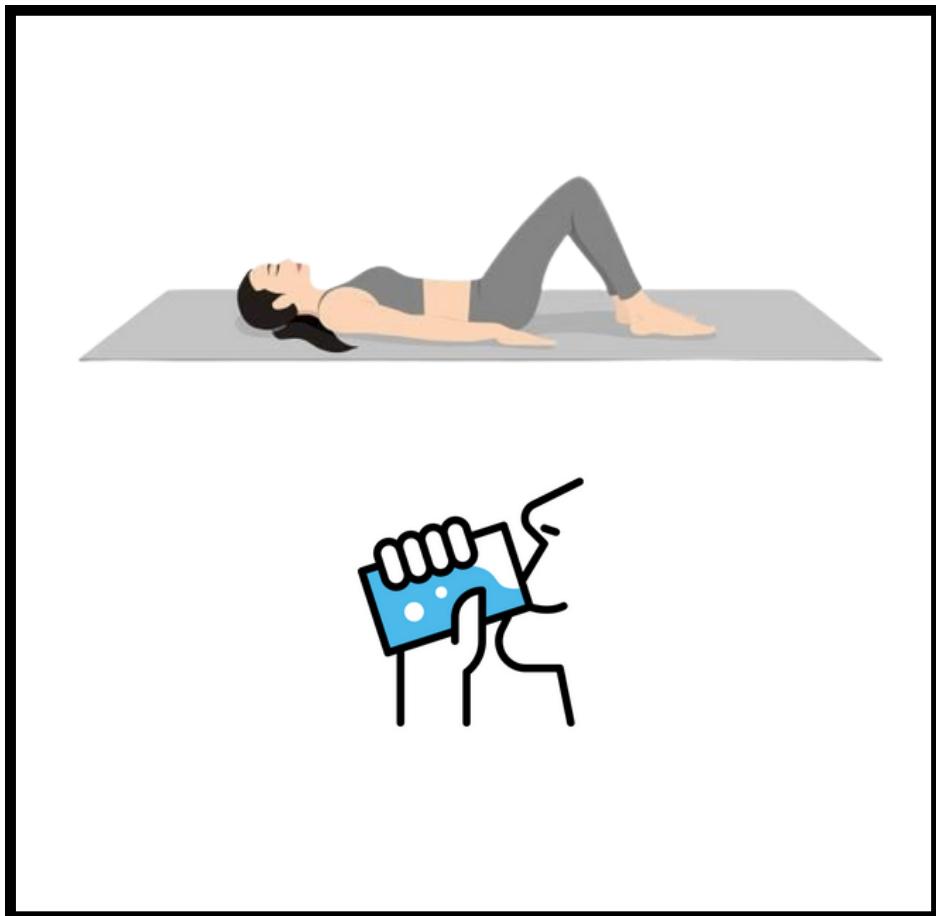
You can follow along, and it's okay to ask questions or rest if you need to.



Staying Safe

It's important to treat your body gently, use the equipment safely, and listen to the staff.

If you need help, you can ask the instructor.



Taking Breaks

If you feel tired or need a break, you can sit down and rest.

You can drink water to stay hydrated.

If there is a yoga position that doesn't feel comfortable for your body, you can modify or just rest at any time.



Finishing Your Visit



The class will end with relaxation, putting our hands together and saying 'Namaste'.

When you are finished, you can leave the studio through the same doors.

Additional Information

Quiet Times: Yoga sessions are generally very quiet, even if many people are in the studio.

Special Accommodations: We can use unscented or no candles upon request. We can turn down the music if you need an even quieter space.

For any questions or to request accommodations, contact Amarie at 0872136191 or theyogaspaceblarney@gmail.com

Thank you!

