

- Na lekce se přihlá?uje/odhlá?uje p?es rezerva?ní systém na webu yog-a-live.cz / jogapro.cz...
- He registers/unregisters his spot through reservation system at yog-a-live.cz/jogapro.cz...

## Pravidla pro jogínky a jogíny

- Na lekce se přihlá?uje/odhlá?uje p?es rezerva?ní systém na webu yog-a-live.cz / jogapro.cz
- Přihlá?ení / odhlá?ení je možné provést nejpozd?ji 3 hodiny p?ed lekcí, pokud tento limit jogínka / jogín propásl, přihlásí se (pouze přihlásí, ne odhlásí) na tel.?. 607 932 702
- Neodhlásí-li se z lekce v?as, propadne mu vstup z permanentky, Multisport karty, voucheru ze Slevomatu, Slevy kurz? p?íp. jiných.
- V p?ípád?, ?e ani jedním z vý?e uvedeného jogínka / jogín nedisponuje, v??íme, ?e je natolik uv?dom?lá / ý, ?e propadlou lekci p?i p?í?tí náv?t?va proplatí.
- Pokud se jogínka / jogín nedostaví na lekci a neodhlásí se a to 3x, bude jí/mu odmítnut vstup do studia
- Chodí na lekci nejpozd?ji 5 minut p?edem
- P?ijde-li pozd?, nelze mu umo?nit vstup na lekci
- Zouvá se v p?edsíni a pokud jí? není p?evle?en, p?evléká se v ?atni?kách nebo hlavním prostoru
- Vodu ve sklenici, p?íp. plastové lahvi je povoleno vzít s sebou do sálu, ale obecn? se nedoporu?uje pít b?hem praxe jógy
- Lektorovi ve svém vlastním zájmu sd?lí své p?ípadné zdravotní problémy (operace kolen, bolest v bedrech atd.) a t?hotenství
- V prostorech studia nepou?ívá deodoranty a parfémy, nenosí s sebou aromatická jídla atd.
- Na lekce jógy nechodí v p?ípád? nemoci, rýmy, ka?le nebo podobných zdravotních problém?

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## Rules for yoginis and yogis

- He registers/unregisters his spot through reservation system at [yog-a-live.cz/jogapro.cz](http://yog-a-live.cz/jogapro.cz)
- It is possible to make registration / unregistration 3 hours prior to a lesson at the latest, if he misses this limit, he must register (only register, not unregister) by sms or call at 607 932 702
- If he doesn't cancel his registration on time, he will lose one entry off his ticket, Multisport card, voucher from Slevomat, Slevy kurz? etc.
- In case he doesn't hold any of the above mentioned, we believe he is so conscious that he pays for this lesson next time.
- If he doesn't come to a class without a notice and this will happen for 3 times, he will be banned from the studio
- He comes to studio 5 minutes prior to a class
- If he comes late, he can't take part in a class
- He takes off his shoes in the hall and in case he is not dressed in proper clothes yet, gets changed in our small changing rooms or in the lobby
- He can take a glass of water or a bottle of water to the exercise room with him but it's not recommended to drink during yoga practise
- He informs a teacher about his health issues e.g. knee surgeries, lower back pain etc. and pregnancy
- He doesn't use any deodorants or perfumes in the studio, doesn't bring aromatic/spicy food with him etc.
- He doesn't come to a yoga class when he is sick, has a running nose, cough or other health problems