

# Spiritual Yoga Course – First Time Student Form

- This course is a progression of classes, each of them building upon previous ones.
- You can participate in this class for as long as you feel necessary.
- Written materials are provided, detailing the elements presented in each class. Please keep these materials for yourself. Publishing or distributing them or parts of them is forbidden.
- The environment of the class is educational, aiming towards facilitating spiritual insights and awakening, improved health and relaxation.
- The class emphasizes a traditional approach to Yoga, involving body poses, energy awareness, breathing techniques, meditations and other techniques for individuals and couples.
- Sexuality is discussed from a spiritual perspective, encouraging participants to use it when engaged in genuine love relationships as a path towards deep regeneration, awakening of consciousness and as a means for experiencing ecstatic states.
- There is no nudity or sexual activity of any type allowed during the class.
- Dietary recommendations will be made during the class. It is however up to each participant to integrate them or not into their lifestyle.
- Drugs of any type, smoking or alcohol consumption are not allowed during the class.
- It is recommended not to eat a large meal 2 hours prior to the class.
- Do not wear watches or heavy jewelry during the class, as they may affect the energy flow.
- Conferences on various topics and seminars are offered in addition to this class. Some of them are free of charge, while others require payment.
- The teacher offers free personal consultation after the class and sometimes outside of it, according to his/her available time.
- You cannot attend classes that are more advanced than the class you are integrated in. However you are more than welcome to deepen your practice, at no cost, by participating in other similar classes that are less advanced than your own level.
- The teacher of the class reserves the right to refuse participation to anybody, at any time during the class.
- Payment for the class can be done on a weekly or monthly basis. The fee includes participation in the class, hand-outs and any other supporting materials.
- After approximately 20 classes, walk-ins are not allowed in the class anymore.
- You must be 7 years of age or older to attend. Children are allowed only accompanied by one parent, and if they do not disturb the class.
- Bring your own yoga mat.

**Your steady individual practice is the key to success!**

*Ofelia Mohr*

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