



WELCOME TO KAT'S STRETCH YOGA!



To ensure an enjoyable & safe experience here a few guidelines for all.

Membership

Attendees must be a member of New Horizons and all Yogis are required to sign a waiver to participate.

Footwear

Yoga is practiced barefoot.

Please leave your shoes and coats in the lobby before entering the main room. You can keep your socks on before settling in for the class.

Hydration

Please bring a water bottle. There will be no access to the kitchen.

Allergy Awareness

Please refrain from wearing perfume.

Equipment

A yoga mat is necessary, please bring a small blanket or a large towel as well. If you have props such as blocks & straps, please bring them to class.

Punctuality

Instruction begins precisely at 1:00 pm. Please arrive by 12:45 to set up your mat and make yourself comfortable.

If you have any questions or concerns please ask. Katrin.Rogers@gmail.com

Thank You for supporting Yoga at New Horizons!