



I - G U R U

The Pop Up Yoga Sessions

We provide

Belts, Blocks, Bolsters & Blankets
Changing Areas and Shower
Amazing Art and No Mirrors
Amazing Teachers
Just Bring Yourself

Do

Hydrate 2 hrs before
Avoid caffeinated drinks - they raise your heart rate
Practice on an empty stomach

Then

Check in at reception
Practice barefoot
Wear loose comfortable clothing
Bring a towel
Take off your shoes once inside
Tell your teacher of any injuries
And Breathe

During

Expect ambient music during class
Leave phones or devices in your bag or at work
Be honest with your limits, we all have them
If you feel dizzy, extreme discomfort or pain, stop & inform your teacher

After Yoga

We will finish on time
Eat Well, Rehydrate,
Tell everyone why you are smiling,
Share your yoga story with I-Guru People Facebook ...



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For One to One Clients

We can recommend

You purchase a suitable yoga mat for your practice
We can bring a mat along for you or recommend where to buy one

Allow

The space you practice to be quiet, warm and have natural light
It is your practice so if you want to focus on a particular area of your body at the start of any given session,
tell our teacher and they will tailor the sequence to accommodate

Adjustments

I-Guru Yoga will enable you to develop and evolve a personal, bespoke yoga practice. Our teachers often use hands on adjustments and tools eg. bricks, cushions belts, to help you maintain or improve alignment whilst in a posture, let us know if you prefer not to have hands on adjustments.

Post Yoga Session

The end of your session is as important as the practice itself. If time allows, your teacher will leave you in a relaxation posture to allow the body to adjust and be still. After a few minutes they can return so you may share observations or simply quietly leave you to rest

Music

In a traditional yoga practice music is not typically played, however in many contemporary style yoga classes music is often played. If you have a preference either way please notify us on our client form or tell the teacher.



FAQ's

How much will my session cost [See website](#)

Pop up Session Passes

Introductory 2 sessions for 1 **£15**
1 Session Price **£15**
4 Session Pack **£50**

One to One Sessions

60 minutes - £100
75 minutes - £120
90 minutes - £140

What Yoga classes can I choose from?

See our schedule of I-guru pop-up sessions

If there is a specific yoga style you would like to practice for your 1 to 1 sessions then please let us know when you email us.

How long will my session last for?

Our Pop-Up Sessions are either 60 or 75 minutes - See our Pop-Up Schedule

Our 1 to 1's can be either 45 / 60 / 75 or 90 minute, however if you wish to have a 1 to 1 meditation this can be 30 minutes

Can I select a specific teacher ?

Of course. See About page and choose a class based on your ideal teacher profile.

For 1 to 1 sessions, we will match you with one of our highly skilled teachers based upon your goals, experience and schedule, or just let us know which teacher you prefer and we will do the rest.

Is I-Guru Yoga available in my City?

Check our locations page to see where we are in your City or contact us if you require a teacher outside of London, in the UK or abroad.

How can I book ?

Our pop up sessions and bespoke Yoga can be booked individually or in blocks on our website via, our app, or on arrival when attending a pop up. For Pop-Up Sessions please visit our Pop-Up Page

For 1 to 1 Sessions please email us with the time, dates and location where and when you would like to practice with any other requirements or questions you may have and we will get back to you within 48 Hours.

What forms of payment do you accept?

We accept all major credit cards either through online bookings or presented at our Pop-ups. Please note that our 1 to 1 teachers will not have a card machine to accept payments so all 1 to 1 appointments are to be booked and paid for in advance online. Please let us know if you would like to set-up a monthly direct debit for your 1 to 1 schedule.

Can I pay with cash?

No unfortunately we or our teachers do not accept cash at any time

Can I get a receipt for my booking?

You should receive a receipt automatically after your booking has taken place to the email address on the account you booked with. If you require a receipt for insurance purposes for your booking, you can contact us

Why is my usual Yoga teacher unavailable at the time I want to book?

We encourage private clients to book blocks of classes at regular times of the week. This allows you to plan and schedule your week as well as importantly, helping you to connect to your teachers approach in order to help you accelerate and develop your personal practice. Also without a regular weekly arrangement booked in with an I-Guru teacher we cannot guarantee they will be available at the time and date you request.

I'm pregnant, is Yoga suitable for me?

If you are pregnant we recommend our specially trained pregnancy yoga teachers to instruct you through 1 to 1 sessions. Please contact us . Please be advised that our group Pop-Up Schedules are not pregnancy Yoga classes and therefore it is at the clients own risk if choose they attend. We would advise you to consult your physician before undergoing any Yoga whilst pregnant.

I have a medical condition, do I need to let the teacher know?

If you have a specific medical condition please contact us or notify us on the client signup form. Before a group Pop-Up session please also notify the yoga teacher leading the session.

I have a physical disability... can i do yoga ?

Yes you can. No matter your physicality, we can create a 1 to 1 personal bespoke practice with a teacher who has the knowledge and experience to help you create an amazing yoga sequence. If you wish to attend one of our group Pop-Up Sessions please contact us in advance if you have any questions and we can advise you which Yoga style and session would be most suitable for you.

Can I book I-Guru for an event?

Of course! Just let us know how long you'd need a therapist or, how many therapists will be needed when and where and our team will be able to come back to you with a quote.

Please contact us and we'll be able to answer any questions and tailor a plan for your company.