



## **Welcome to BIODANZA!**

**When coming for the first time, please fill in the booking form in full before the class.**

In order to enjoy your experience the most, and to help take care of each other in a safe environment, we suggest that you:

- 1 Please be mindful that everything in Biodanza is an invitation, you can take a step back or sit out an exercise if you don't feel comfortable with it. However, to get the most benefit, we encourage you to follow the suggestions of the facilitator.**
- 2 Wear appropriate and comfortable clothes suitable for dancing. Avoid tight clothing, watches and big pieces of jewellery.**
- 3 Avoid hard shoes, trainers or socks. Barefoot is strongly recommended, but soft dancing shoes and non-slip socks are welcome as well.**
- 4 Do not have a heavy meal just before the class and avoid drinking alcohol or taking any drug before or during the class.**
- 5 If you suffer from a medical condition, we advise you to ask your doctor if this type of dancing is suitable for you before you come to a class.**
- 6 Please inform your Biodanza facilitator in advance of the class of any particular or serious medical condition you may have and include it on the booking form.**
- 7 Please drink plenty of water during the day and before your class. Please also bring water to drink afterwards in order to prevent dehydration and the need to interrupt the class (unless extremely hot).**
- 8 Please arrive in time and do all the exercises from the very beginning as this will help you warm up your muscles in a progressive way with the rest of the group. If you arrive late, please change before entering the class and enter quietly.**
- 9 If you need to leave the class for any reason, please do so quietly, respecting the atmosphere of the class.**
- 10 In case of an injury or accident, please inform the Biodanza facilitator immediately and stop dancing straight away.**