



**IMPORTANT NOTICE**

**Welcome to the BIODANZA workshop!**

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

- 1 Wear appropriate and comfortable clothes suitable for dancing. Avoid long or tight dresses, long skirts, watches and big pieces of jewellery.**
- 2 Avoid wearing hard shoes, trainers or socks. Barefoot is strongly recommended, but soft dancing shoes and non-slip socks are welcome as well.**
- 3 Do not have a heavy meal just before the class.**
- 4 Avoid drinking alcohol or taking any drug before or during the class.**
- 5 If you suffer any kind of medical condition it is advisable to ask your doctor if this dancing is suitable for you.**
- 6 Please inform your Biodanza Teacher 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 a class, bringing water to drink afterwards in order to prevent dehydration and the need to interrupt the class (unless extremely hot).**
- 8 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.**
- 9 If you arrive late, please change your clothes before entering the class and do it quietly.**
- 10 If you need to leave the class for any reason, please do so quietly, respecting the atmosphere of the class.**
- 11 Everything is an invitation, so be mindful that you can sit out an exercise if you don't feel comfortable with it. Having said that in order to get the most benefit we encourage you to follow the indications of the teacher.**
- 12 In case of an injury or accident during the workshop please inform the Biodanza Teacher and stop dancing immediately.**
- 13 If you are coming for the first time, please fill in the booking form provided in full before entering the class.**

We hope this will help you to take full advantage of the Biodanza System.  
If in any doubt, please ask the person at the door / teacher.

Thank you for your understanding