

## RULES:

1. We come around 15 minutes before the class starts.
2. After the classes starts the door will be closed. Participants are asked to arrive on time.
3. We request to keep focus in the practicing space and to not bring there any personal belongings (mobile phones, bags).
4. You may bring into the space a bottle of water and a notebook.
5. Participants are asked to make a personal warm-up before we start common work.
6. In the classes can participate both advanced and beginners of all ages.
7. Please report any health problems and previous injuries to the person leading classes.
8. Fees should be paid after the training by cash or by card.
9. The first session is free. No application is required.
10. The sessions are held in English and Polish.