

To make sure that everyone enjoys his or her experience at PEACE, please be mindful of these Member Guidelines.

为了确保每一位来 PEACE 的会员都能享受她 / 他在 PEACE 的乐趣，请留心以下会员须知

### Studio Policy 静心坊须知

- Please take off your shoes before entering studio/ classroom. 进入静心坊/ 教室前请拖鞋。
- Please bring along your clean sport shoes to change before class, failure to do so may result in being refused entry to class. 请携带清洁的运动鞋，在上课前更换。违规者将不被允许进入教室。
- Whisper while you are in PEACE. Class is being processed. 在静心坊内及教室需保持安静，避免喧哗影响课程进行。
- Members are solely responsible for their own belongings whilst visiting PEACE Studio. PEACE Studio accepts no responsibility for any loss or damage to personal property. 会员请勿携带或穿戴贵重物品并看管好自己的财物。若会员的财物、贵重物品遗失或损失，静心坊将不承担任何责任。
- Members must arrive promptly for class start times; late arrival may result in being refused entry to the class. 会员必须准时在课程开始前进入教室；迟到者将不被允许进入。
- As a courtesy to other members, please roll and put the yoga mat in yoga mat rack after use. 为了让您及他人更好的使用瑜伽垫，瑜伽课后，请您共同配合将瑜伽垫圈好后放置回瑜伽橱柜。
- Turn your mobile phones off or to vibrate mode when you enter the classroom. 进入教室，请将电话关静音。

### PEACE Preparation 课前准备

- Sports attire/ comfortable attire / Sport bra for ladies is most comfortable 运动服装/ 舒适装束/ 女性运动型内衣更为合适
- Bare feet for Yoga or Pilates; To bring your own face towel and water bottle 赤脚进行瑜伽或彼拉提练习;自行携带面巾、水壶
- Could bring your own yoga mat, or you can use the yoga mat which is provided by PEACE at no cost 您可自行携带瑜伽垫或免费使用静心坊所提供的瑜伽垫
- Do cleansing before the practice; To avoid wearing watch/necklace/bracelet 在练习前请卸妆;要避免穿戴手表/ 项链/ 手镯
- To take 2 teaspoons of pure honey if you have low blood pressure 如果您有低血压，要食用 2 茶匙蜂蜜
- To inform your teacher of any health issues, discomfort or menstrual cycle before the practice begins 任何健康问题、不适或生理周期请务必在练习前通知您的导师

### Fly Yoga Preparation 空中瑜伽课前准备

- Please wear a sleeved shirt that covers the armpits, pants that cover your knees and also bring along a pair of socks. 请穿着有袖的衣服（遮盖肩膀、手臂），过膝长裤与携带一双袜子。
- Wear form fitting clothing. Please do not wear baggy clothing as they can snag and catch on the sling's fabric causing accidents. 请穿着舒适透气的运动装或瑜伽服。请勿穿着宽松的运动装以避免与绢布摩擦、缠绕而受伤
- Ensure that your clothing is "zipper free" and remove all jewelry, watches and hair clips. These items can snag and damage the silk hammocks. 请勿穿着有拉链的运动装并取下耳环、手表及其他饰物以免割破绢布，保持吊床的安全性

### Fly Yoga Precaution 空中瑜伽注意事项

- Please consult your medical professional before beginning any new exercise form, If you have any of the following conditions: pregnancy, glaucoma, recent surgery (especially –shoulders, eyes, back, hips, hands or wrists), irregular heart function or very high or very low blood pressure monitored by medications, easily onset vertigo, bone weakness, recent head injury, cerebral sclerosis, easy onset of fainting, recent stroke, artificial hips, or botox injections within 24 hours prior to class. 如果您有任何以下情况：怀孕，青光眼，近期手术（尤其是 – 肩膀，眼睛，背部，臀部，手或腕部），心跳不规律，非常高或非常低血压需要服食药物，很容易眩晕，骨骼问题，近期头部外伤，脑硬化，容易发病昏厥，最近中风，人造髋关节，或在上课前 24 小时内进行肉毒杆菌注射，请务必在报名前或参与前咨询您的医生。
- Notify instructor before class if you have any health issues, discomfort or menstrual cycle so they can help you modify your practice. 任何健康问题、不适或生理周期请务必在练习前通知您的导师

### Choices of PEACE Classes 课程选择

- For those who has not practice any form of exercise/ yoga shall select the classes of Relaxed (R) & Therapy (T) ONLY 对于那些没有进行任何运动/ 瑜伽练习者应选择课程类别为放松(R) 或治疗 (T)

- For those who has regularly practice any form of exercise/ yoga shall select the classes of Dynamic (D) & Power (P) 对于那些每天进行任何运动/ 瑜伽练习者适合选择课程类别为活力(D) 或强劲(P)
- For the classes of Power (P), you must have at least 2years practicing in any form of exercise/ yoga 课程类别为强劲(P) , 您必须拥有至少 2 年运动/瑜伽练习
- Consult Course Consultant/ Instructor before participate in any form of physical exercise or yoga which is offered by PEACE 在选择课程前 , 请向课程顾问/导师咨询
- The instructions and advice by Course Consultant are not intended as a substitute for medical counseling 课程顾问的意见将不能替代任何医疗咨询

**'DO NOT' before entering class**

- Not to take heavy meal before the practice (at least 3 hours for food to digest). 切勿在上课前进食(食物消化过程需长达 3 小时)
- If necessary, you could eat light food such as cereal/ fruits/ dessert an hour before the practice 如有需要 , 您可在上课前 1 小时吃些清淡食物如 : 谷类、水果或是甜品
- Practice on empty stomach is the best 空腹练习为佳

**Other Note**

- The class will be conducted in Mandarin with English explanations if needed. 课程将以华语教学 , 如有需要也将以英语作
- Please like our Facebook page "**Peace Group**" to get the latest promo info & schedule. You are encouraged to check in our location - Peace Sutera Utama, Peace Molek, Peace Gaya or Peace Kulai with photos in order to have chance to win mysterious gifts. 请赞静心坊 Facebook 页面 "**Peace Group**" 获取最新的促销资讯和时间表。我们鼓励您拍照上传面子书并打卡我们的位置 - Peace Sutera Utama , Peace Molek , Peace Gaya 或 Peace Kulai , 以获得机会赢得神秘的礼物
- Please note that prior booking is needed for all signature classes. Please kindly book your signature classes with your registered studio as below 所有的精致课程都必需预订 ; 您可以与以下您所属的学院预订:

**Peace Sutera Utama**

07 5621419/ 07 5549478

Facebook: Peace Sutera Utama

**Booking Signature Class 网上预定上课:** Peace Sutera Utama Facebook page and Click 点击 "**BOOK NOW**"

**Peace Molek**

07 364 8001/ 016 746 6002/ 017 784 2408

Facebook: Peace Molek

**Peace Gaya**

019 752 7908/ 013 753 4832

Facebook: Peace Gaya

**Peace Kulai**

011 1050 3307

Facebook: Peace Kulai

Contact us for further inquiries:

www.ompeace.com.my

**IMPORTANT: NO REFUND** is applicable to all Peace Package(s).