



ASSOCIACIÓ KEEP CALM BARCELONA

KEEP CALM YOGA & PILATES & MEDITATION

Member Guide

MEMBER GUIDE

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WHAT KEEP CALM YOGA & PILATES & MEDITATION IS

Keep Calm Yoga & Pilates & Meditation is part of the Keep Calm community for English speakers in Barcelona, a not-for-profit, volunteer-run group built on inclusivity, reliability and collaboration. We run relaxed yoga, pilates and meditation sessions for every level and every body, with the focus on wellbeing, movement and community rather than performance. Every session and every group is 18+.

HOW A SESSION WORKS

- Sessions are posted in the WhatsApp group with the time, location and cost.
- If you want to come, respond to the poll or message to confirm.
- Spaces can be limited, especially indoors, so sign up early and only if you can commit.
- Turn up a few minutes early, roll out your mat, and settle in.

WHAT TO EXPECT

A welcoming, judgement-free space, whatever your level or body type. The style varies session to session depending on who's leading: a mix of yoga and pilates, or a guided beach meditation with stretching, breathing, journaling and time to just watch the sunset together. We practise outdoors on the beach or in parks during the warmer months, and move indoors to a studio or hired space when the weather turns. It's common to stick around for a coffee or a chat together afterwards.

Complete beginner? Perfect. Just let the group or the instructor know and they'll look after you. All levels practise together and you never need to keep up with anyone else, so listen to your body and rest whenever you need to.

HOW TO JOIN

Join the Keep Calm Yoga & Pilates & Meditation WhatsApp group at keepcalm.fit/whatsapp/yoga, then watch for session announcements and confirm your spot via the poll or message when one lands.

COST

- Outdoor community sessions are often free or just a few euros.
- Studio or instructor-led sessions may have a small cost to cover the space or teacher.
- The exact cost is always posted with each session.
- There's no Keep Calm membership fee. Everything is volunteer-run and not-for-profit.

WHAT TO BRING

- **A mat**, if you have one (let the group know in advance if you need to borrow one).
- **Water**, to stay hydrated.
- **Comfortable clothing** you can move and stretch in.
- **A towel and a layer** for the end of the session; it can get chilly when you cool down, especially outdoors.
- For beach or park sessions, maybe sunscreen and a hat.

SAFETY AND INCLUSIVITY

- **You never need to keep up with anyone else.** All experience levels practise together in the same session, at their own pace.
- **Tell the group or the instructor if you're new.** Being new is the norm here, not the exception, and whoever's leading will look after you.
- **Listen to your body.** Rest whenever you need to; nobody's watching to see whether you push through.
- **Location is always posted with the session**, so you know exactly where you're headed before you set off.

For the full safety, data and conduct policies that apply across every Keep Calm activity, see keepcalm.fit/policies.

RULES AND ETIQUETTE

- **If you sign up, make the effort to show up.** If there's a cost involved, your spot could mean someone else misses out. If your plans change, let the group know so someone else can take your place.
- **Arrive on time.** Turning up late disrupts the class for everyone.
- **Follow the instructor's guidance** and keep noise to a minimum during the session.
- **Bring your own mat if you have one.** If mats are provided, look after them and clean up after yourself.
- **Be supportive of others**, regardless of their experience, and keep the atmosphere calm and positive.

These add to, rather than replace, Keep Calm's community-wide rules on [WhatsApp conduct](#), [event participation and cancellations](#) and [safety and liability](#).

WANT TO HELP OR LEAD?

We're always glad of more hands and more teachers. If you'd like to lead a session, suggest a venue, or help organise, post in the WhatsApp group and share your ideas, availability or any instructor contacts.

LINKS

- [Group rules](#)
- [Community policies](#)
- Join the group: keepcalm.fit/whatsapp/yoga

Namaste 🧘