

Yoga Class Etiquette:

1. Arrive early. This gives you time to collect/open a mat and prepare for class.
2. If you are late, please enter quietly and wait till meditation is over to setup. Please be aware of space.
3. Inform your teachers about any injuries or medical conditions you may have. This information will help your instructor provide modifications when necessary, to the poses.
4. Go at your own pace, modify when necessary. Listen to your body. Increase and decrease the level of work to accommodate your body.
5. Help maintain a quiet class ambience. Turn off phones and pagers. Socialize with others before and after, not during, class.
6. Return any props you may have used. Please take the time to clean your mat with provided products when you are done using it. Leave studio space clean, and ready for the next class.
7. Work with intention. Clear your mind of distractions and focus on the practice. Increase your awareness of the present.
8. Allow yourself several hours of not eating prior to class. The process of digestion may cause discomfort while in bending, twisting, and inverted poses.
9. Don't wear perfume or cologne to class as this may be distracting to others.
10. If you have questions, ask your instructors. They are highly knowledgeable professionals and are eager to help make your practice more effective.