

POLICY AND ETIQUETTE



1. All classes are 1 hour 15 minutes long.
2. If you are a new student please arrive at least 15 minutes before the start of class.
3. If you are a returning student please arrive no later than 5 minutes before the start of class. Doors will be locked as soon as class begins and you will not be able to enter. This is to ensure the safety of our student's personal belongings.
4. No personal belongings; shoes, pocketbooks, cell phones, etc, are allowed in the yoga studio. Please leave them in our secured reception area. This is to ensure our students practice in a peaceful atmosphere free of clutter.
5. Students are encouraged to bring their own mats. The studio rents mats for \$1.00
6. Please, always work at the level that is appropriate for you. Rest when needed.
7. Go the bathroom during resting poses, e.g. Childs or Downward Dog.
8. If you cannot stay for final relaxation please leave before it begins. Try not to make a habit of this as it is an important part of your yoga experience.
9. Any changes to the regular schedule due to unforeseen circumstances are set forth in our voice mail message & posted on our web site.
10. Wear loose, comfortable clothing.
11. Refrain from eating a big meal at least one hour before class.
12. It is strongly recommended that children be over the age of 14 to participate in class. Children of any age may not be left in the waiting area.

Thank-you in advance for honoring our policies.

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