

Yoga Student

Guidelines

- Never bring a cell phone or pager into the class.
- No shoes in the practice area, please.
- If possible, bathe prior to your practice. please do not wear perfume or any scent.
- Do not eat 2-3 hours prior to class.
- No food or outside beverages in the studio, with the exception of your own water. COME TO CLASS HYDRATED! Drink plenty of water several hours prior to class, not all at once right before class. ALWAYS drink a lot of water after class & replace electrolytes with coconut water,
- Abandon the competitive mind-set.
- Mention any pre-existing injury or special condition to your teacher at the beginning of class.
- Arrive 10-15 minutes early.
- Be mindful of how & where you place your mat. Align your mat and graciously make space for others. Lie quietly on your mat & relax while waiting for the class to begin.
- Kindly wipe down your rental mat with our cleaning spray (contains rubbing alcohol) after your practice.
- Be kind and loving to yourself by accepting where you are in your practice.
- Neatly return all props back to their original place. Clean, roll up and return rental mats and towels to the front desk.