



- Observe good personal hygiene as you may be in close proximity to others.
- Refrain from wearing fragrances or perfumes.
- Wear comfortable clothing that enables you to move freely, class is held barefooted.
- If you have a mat please bring it, otherwise please let the teacher know so that one may be provided.
- Please leave electronics outside of the building, or on do not disturb unless it is an emergency.
- Let teacher know if it is your first time. If it is your first time please fill out a waiver.
- Let teacher know about any injuries, health conditions, or new medications.
- Come to class 5-10 minutes early.
- Stay for the entire class.
- Yoga is done quietly, but never hesitate to ask a question 😊
- If it hurts, you have been told by a health care provider not to, or you just don't feel like it, don't do it.
- Honor your body and rest whenever needed.
- Yoga is a non-competitive practice; do not be concerned what others in the class are doing or not doing. Try to keep your focus on yourself.
- Well-behaved children over the age of 10 may attend group classes if accompanied by an adult.