

STUDIO ETIQUETTE

We strive to create an environment that is friendly and inviting, where everyone can have a safe, relaxing and enjoyable practice. In order to allow us to offer everyone in the studio the best possible experience, please follow these guidelines:

1. Practice on an empty stomach
Do not eat a large meal 2-3 hours prior to a class.
2. Arrive 5-10 minutes before class
This allow you enough time to set up your practice space before class begins, so that others are not disturbed.
3. Shoes
Please remove ALL outside footwear when entering the building. This allows for a clean practice environment.
4. Fragrances
This is a fragrance-free zone. Avoid wearing fragrance to class as many people have chemical sensitivities; otherwise you may be asked to leave.
5. Cell phones
Please turn off your phones before entering the building or leave them in your car.
6. Entering late
Sometimes it happens. If you know in advance that you will be late, please inform the instructor ahead of time. Please wait outside the classroom door until “centering in” is finished, then enter the class and set up your practice space with minimal disturbance to others.
7. Leaving early
Tell the instructor that you need to leave early. Quietly pack up your belongings and leave BEFORE savasana.
8. Voice levels
Please talk quietly at all times so as not to disturb massage clients or fellow students trying to maintain the calm and quiet.
9. Safety
Ensuring classroom safety is the responsibility of the teacher. Please do not try to adjust other students’ poses unless asked by the instructor to assist.
10. Mat etiquette
Respect others space by not walking on their mat unless you have been invited to do so. If you are borrowing a studio mat, please wipe it down before putting it away.