

Proper Yoga Etiquette

There are some **simple steps** we can take to make our yoga experience even better, safer and more comfortable for ourselves and show respect for ourselves, our peers and our teachers.

We recommend you do not eat anything heavy 2 hours before class, so you arrive with an **empty stomach**. Be mindful of what you eat beforehand, avoiding acidic and sugary foods and beverages.

Please arrive **well-hydrated!** Bring water with you as well.

We welcome you to **arrive with an open mind**, positive attitude and a willingness to let go of expectations and judgement ... just be and breath with us and **listen to your own body ~ no competition!** Everyone has their own body type, strength and flexibility levels ~ simply feel yours as you relax, release and let go of stress! Ahhh...

Remove shoes and socks before entering Studio. *Please turn cell phones and pagers Off!*

Arrive **5-10 minutes early** to class to give yourself time to sign in, get acclimated before class, stretch and center yourself, finding your focus and intention for your yoga practice. *New Students arrive 10 minutes early to fill in and sign Waiver and inform Instructor of any injuries, limitations, or medical conditions that may affect your practice.*

Our wish to provide a stress-free, relaxing environment, so upon entering the Studio, **please speak in a quiet voice**, respecting the centering of your fellow yogis as they prepare for class. **Honor the silence in the room**, especially during Savasana.

If you must leave class early, please notify your Instructor before class begins, and slip out prior to final relaxation, allowing yourself a few minutes before you go to enjoy your own Savasana.

If you arrive to class late, please center yourself before entering the Studio, then quietly enter and join the class.

Wear comfortable clothing that allows you to stretch. Dress in layers.

Listen to Your Body! Listen to Your Breath! Feel the Peace Within! Love Yourself. Love Yoga!