



YOGA CENTER

yogi etiquette

- ▶ Out of respect for your fellow Yogis, as well as for your own safety, if class has been in session for 10 minutes or longer please do not enter the room.
- ▶ If you do arrive late (within the 10 minute window) please be respectful since class has already started. Try to find a space to set up near the back of the room or close to the door.
- ▶ If you know you will need to leave class early, please be sure to pack your stuff up and try to leave the room before Final Savasana. This is a time dedicated to total silence and stillness in the room. It can be disruptive if you leave and/or take a drink of water during this time.
- ▶ Please respect the Studio as a meditative space and take any conversations outside the room or out into the lobby. You will set the tone for your body, mind and spirit to be ready for the practice of yoga if you practice self-study through personal observation and meditation.
- ▶ It is advised not to eat within an hour before your practice so you have the ability to move, twist and compress your body without feeling full or impaired in your movements.
- ▶ Be sure to wear comfortable clothing to class. Depending on the class you may want to wear more athletic/tight fitting clothing opposed to loose fitted attire.
- ▶ If you're attending a Heated Power Yoga class you will want to bring water to class. The room gets up to 90 degrees and if you are not properly hydrated from the day you'll find yourself in need of fluids. It is also advised to bring a towel if you know you may sweat a lot.
- ▶ We do provide props for classes as well as a mat; however, mats are limited in both Studio 2 and the YPC so it is advised that you get your own mat. Not only is this more convenient for you but it is also more sanitary.
- ▶ Please before sure to remove your shoes before entering into the Studio. We have new cubbies and coat racks at the back of the studio. You're welcome to store your shoes, coats, etc. during class. This will keep the practice space clean, open and clear.