

Yoga Studio



- ॐ *Leave your shoes and worries at the door*
- ॐ *Turn cell phones on silent.* Please take any emergency calls outside the studio.
- ॐ *Absolutely no texting.* (Not even brb, or gtg). If you cannot go 60 minutes without your phone, maybe this is not your day for yoga class.
- ॐ *Be punctual to class.* If late please be as quiet as possible and set up in the back of the class.
- ॐ *Please speak quietly in the practice studio and enjoy the peace of the space.*
- ॐ *The hot classes will require you bring water and a towel,* —but no Speedos please.
- ॐ *Respect the teacher and try to follow the class.* Use modified poses when necessary.
- ॐ *Observe silence during Savasana.* Leave before or after, but not during please.
- ॐ *Be mindful of personal hygiene.* The yoga class can bring you closer to your neighbors than anticipated.
- ॐ *Please no perfume or cologne.* Deodorant is welcome.
- ॐ *Clean your immediate area and return equipment neatly to the space intended for each item.*
- ॐ *Courtesy is contagious!*