

# Yoga 101 - Studio Etiquette



## What to wear and bring and what not to bring?

Wear comfortable clothing that allows for movement. Layers are usually a good idea so you can adjust for comfort throughout the class. Sometimes tighter fitting clothing is helpful as it is less likely to get in your way as you practice. No fancy, name brand yoga clothes are required - whatever you have will be fabulous.

Please bring a yoga mat. A small supply of mats are available if you forget. If you use a studio mat please clean it with the provided mat cleaner out of respect for the next user. Some students like to bring a towel for more active practices.

Yoga is practiced in bare feet so please leave your shoes at the designated area just outside the studio space.

Please bring your own water bottle for hydration as needed. The studio offers water for your enjoyment.

You are invited to leave all your cellular devices outside of the studio space. Your yoga practice time is an opportunity to step away from the screens so please take advantage of stepping away from those distractions until after class.

Some students have scent sensitivities or allergies. Please be mindful and keep any fragrances to a minimum or avoid them completely.

## What if I'm late or need to leave early?

It always best to arrive about 10 minutes early to class so you have time to land. Out of respect for the practice please do not enter if you are more than 10 minutes late. Please enter after the opening meditation and quietly set your mat down. If you must leave early please let your teacher know at the beginning of class, set your mat near the door, and leave prior to Savasana. When you leave early you miss the balancing benefits of final relaxation however life happens and we understand if you must occasionally duck out a few minutes early.

## What else should I know?

Please inform your teacher prior to class if you've arrived with an injury. Also please inform your teacher if you are pregnant.

If you used any props during the class please return them neatly to the prop storage area.

We can't wait to meet you. Please come, let go any any expectations you've place upon yourself and simply enjoy this ancient practice of yoga.