



Studio Etiquette

BEST ADVICE — BE EARLY.

Please note: The door will be locked at the posted start time of class.

DO NOT KNOCK ON THE STUDIO DOOR IF IT IS LOCKED!

We understand life happens, but if you cannot make it on time, we respectfully ask you to reschedule and come back for another class if the door has been locked.

Even if you are “only two minutes late” there will be no entry after the door is locked. In yoga we practice ‘Asteya’ which means non-stealing. Stealing time from others to wait for you because you are running late is not acceptable and out of respect of others in the class, cannot be tolerated.

TURN PHONES ON SILENT BEFORE HEADING TO THE MAT.

There is NO talking during classes or while the instructor is teaching unless it is for an emergency or pose related.

BE PREPARED.

You will need to bring your own mat, straps, blocks, and bolsters.

Finally, we ask that you please do not touch the mirrors (or windows) with any part of your body nor use them to steady yourself in your poses.