

## Getting Started & Class Etiquette

- Please remove shoes and socks at the entrance to the studio. Yoga practice is done in bare feet using a sticky mat. Leaving footwear outside helps to keep floors clean and grit free.
- Please come to class hydrated and with an empty stomach. If you have a light meal or snack prior to class, it should be eaten at least two hours before your session begins.
- Drinking water during class is not recommended. *You may bring water with you; please leave water bottles in the prop room during class.*
- Please no gum chewing during class; gum presents a choking hazard.
- Please refrain from wearing body scents or perfume. Many people are scent-sensitive, or may have allergic reactions to certain scents.
- Wear comfortable clothing - Shorts, cropped pants, yoga pants or footless tights are good choices; paired with a t-shirt, tank top or workout top. Knees should be visible so the teacher can check alignment of the legs. Be comfortable - yoga involves movement! Whatever kind of clothing you wear to class should move with you. Natural fibers tend to be more comfortable than synthetic fibers and wick away moisture from the body.
- Be respectful of your fellow students and teacher by arriving a few minutes before class begins. This allows time to set up your mat and other needed props. Doors are secured when class begins – late students aren't admitted once class begins.
- As each class ends with a relaxation sequence, having a light sweater or an extra blanket to cover with on a cool day is recommended.
- Bring your personal yoga mat with you to class if you have one. Mats and other props are provided as needed; you may feel more comfortable using your own props. Please make sure that personal mats and props are taken with you at the end of class.