



To make the experience awesome for everyone, please respect the following studio etiquette:

- Please arrive at least **15 minutes early** and acknowledge that class starts **ON TIME!** Late comers will *not* be permitted into class
- Cell phones and pagers must be turned off upon entering the studio
- Refrain from using Perfume, Cologne and other scented products at the studio
- Bags and personal items must be left in the change rooms - only wallets may be brought into the practice room along with your mat, towel and water - **NO KEYS PLEASE!**
- Before entering your class, please wait 10 minutes to enter the practice room if there are still people resting from the previous class
- Observe **SILENCE** in the practice room throughout your class

Please remain in the practice room for the duration of your class; if you must leave, please exit and re-enter quietly during a rest pose.

Relax, Breathe deeply and have a joyful class!