

# A few words about Yoga Etiquette...

Here are some simple guidelines to help you feel comfortable & get the most out of your balanceYoga experience:

Please arrive 10-15 minutes before class so that you have time to get situated & settled before class begins.

Please silence your cell phone before class begins.

Yoga is practiced barefoot. Please remove your shoes before entering the Yoga practice area. Cubbies are provided for your belongings.

Please be mindful of those around you while practicing as to not be a distraction during class. In addition, if you know you will be arriving late or will need to leave early, please notify the teacher in advance of class & set up your mat for easy access to the door.

Please do not come to class under the influence of alcohol or other mood-altering substances which can inhibit your balance, stability, & ability to follow along in class.

If you are new, please introduce yourself to the teacher & share with them any injuries or concerns you may have. If you see someone new, please introduce yourself.

Blocks, straps & bolsters are available for your use. Please re-shelve props after class.

Yoga mats are available for your use. If you borrow a mat, please clean it after use & return it to the bin.

Always be good to yourself & listen to your body. Trust your intuition & let your breath guide you through the practice. A mindful practice is a safe practice. The mindfulness you cultivate on your mat will eventually extend into your everyday life, paving the way for greater ease & contentment.

Some poses & practices will feel great & others may not. Stay open to possibility & keep trying new things. An open mind paves the way for an open body & an open heart.

*Above all, relax & enjoy! We're glad you're here with us!*

balanceYoga