

Yoga Etiquette

- 1) Do not come to class if you are ill.
- 2) Do not wear perfumes or oils - no tobacco smell.
- 3) Arrive early or on time (If you arrive late, quietly wait outside of class until the initial meditation has ended.)
- 4) Don't forget to sign in /pay.
- 5) Remove your shoes.
- 6) Turn off your cell phone.
- 7) Go to the bathroom before class or during resting poses.
- 8) Speak softly at the beginning and end of Yoga sessions.
- 9) Respect the wishes and direction of your Yoga instructor.

Most importantly: Enjoy your practice!

