

yoga etiquette

1. For first time students, arrive 15 minutes prior to class time. You will need to fill out a brief registration form and pay a class fee. The teacher will orient you to the studio.
2. For continuing students, arrive 5-10 minutes early. Sign in and pull your card or pay fee **PRIOR** to going into the classroom.
3. Let the teacher know if you have any kind of limiting physical condition or injury of any kind.
4. Come to class with an empty stomach.
5. Wear clothing that you can move freely in: t-shirts, tanks, yoga tops, shorts, footless tights, or an athletic pant. Avoid wearing baggy sweat pants, gaucho pants or other excessively loose fitting pants. This helps us to see the alignment of your knees.
6. All yoga is done in the bare feet.
7. Please do not wear oily lotions or fragrances.
8. Leave shoes and street clothes in the lobby or bathrooms.
9. Turn off all cell phones and pagers during class time.
10. Take valuables, (purses, wallets, keys, etc) into the classroom and place on the shelving underneath the window.
11. If you arrive during the setting of intention and chant, at the beginning of the class, come into the classroom and have a seat, but wait until the chant is over to put your valuables on the shelf and to set up your mat.
12. Yoga mats are available for new students use. Continuing students are encouraged to purchase and use their own mats.
13. The entrance door is locked 15 minutes into the start of class and unlocked at the end of class. Be sure to let your teacher know before class if you need to leave early.



bhava
YOGA STUDIO