

YOGA ETIQUETTE



Please....

.....arrive on time.

.....remove your shoes.

.....complete any cell phone calls or texts in the member lounge before entering your class.

.....others may be meditating prior to class and other classes may be in session....your silence is appreciated!

.....refrain from wearing any scented products.

.....if you borrow a mat, remember to wipe it down with the yoga mat cleaner provided in each room.

Thank you for your cooperation!