

# Yoga Tips!

**To ensure that you and everyone else gets the most out of their yoga experience!**

**Please remove shoes upon entering the studio.** Keeping the floors clean for YOU is important to US.

**Try not to eat more than a light snack within 2 hours of practice.** This allows you to move more freely.

**Please leave cell phones in the car, or silenced.** Please, please, please, please, please. Thank you.

**Please be on time.** The **warm up is essential** to the body and the mind. 5-10 minutes early is ideal. (plus we always save a spot in the front row for those who are late) :)

**Please try to minimize distractions** (i.e. cell phone, arriving late, talking loudly). Preventing these things help you **retain the calm vibe** you came here for and allow those around you to stay focused on their practice.

**Please refrain from using strong scents.** Perfumes, lotions, sprays, etc. (remember the deep breathing we do?)

**Please try not to step on other people's mats** or USE them. A Private Mat Closet is available for those who leave their mats in our care. We try to protect them as best we can. We have mats you can borrow or buy. We just ask that you wipe it down after using it.

**Try at least 3 classes, various levels, various teacher and various times**

to find the practice that works best for you. And if you have a less than optimal experience... please let us know so we can make it up to you or at the very least be aware of it. We really appreciate feedback.

**Please inform your instructor of any injuries, pregnancies or other concerns.**

We have alternatives for almost every thing we do so that you can grow your practice at your own pace.

**Please choose classes based on your experience.** It is unsafe for instructors to guide new yogis into advanced postures without proper preparation. Learning the basics and alignment will help you'll feel confident in any yoga practice!

Above all...do what feels best for you. Not too much, not too little. The entire practice, both physical and mental is based on this concept. Instructors guide you into various places in order for you to explore your own potential and your own edges. YOU choose the level and intensity of your practice every single time you step on the mat, regardless of which class you choose. Paying attention to HOW you choose.... Is the practice