



### **Yoga Class Etiquette**

- Please try to arrive on time to class and stay to its conclusion. If you are late, or must leave early, try to match your energy and demeanor to that of the class.
- Turn off all electronic devices such as cell phones and pagers before entering the studio.
- Leave all shoes, food, and drink outside the classroom to help keep the studio clean.
- Due to the proximity to others during practice, please be conscious of your cleanliness. Let your body odor be neutral, neither naturally offensive nor unnaturally perfumed.
- Keep casual conversation during class to a minimum.