

Mind/Body Etiquette

- **Arrive On Time**
 - Aim to arrive a few minutes early to get set up with props and settle in.
 - The start of each class is designed to create a calm environment in which we practice.
 - If you must arrive late, please do so respectfully.
- **Turn off all cell phones**
- **Remove shoes before entering the studio**
- **No chewing gum and please avoid smoking or drinking alcohol before class**
- **Please shower and make sure your attire is clean and appropriate**
 - Come to class dressed to move. Wear clothing that covers you completely, but is not restrictive. Shirts required.
- **Refrain from wearing excessive perfumes or scents**
- **You are encouraged to bring water in a closed container**
- **Be courteous to your fellow classmates**
 - Please be willing to adjust your space for others.
- **Do not skip Savasana**
 - Savasana is an important part of your practice. Don't plan to leave class early. If you must depart early, please set up your mat near the exit so you can slip out quietly BEFORE final relaxation. Leave your props out. The instructor will put them away at the end of class.
- **Take time to put your equipment in its proper place and neatly organized**
 - JSFC is kind enough to supply equipment and props for your yoga practice.
 - Please do your part to keep them clean and in good condition.

NAMASTE



play for life