



## **Getting Started**

Please arrive 5 minutes before class starts. New students must arrive 10 minutes early to complete new member registration form and for facility orientation. If you are new to yoga we recommend participating in a beginner class prior to joining All Levels classes. For more information regarding class types and levels, please visit the [Class Description](#) page.

## **Checking In**

Please check-in at the front desk with the staff member on duty.

## **Be a Yogi...Be on Time**

If you are arriving late, we're glad you made it. Please either wait until after opening mediation has finished to enter the practice space or enter quietly and unroll your mat and gather props. FYI: We often lock the door 5 minutes after class has begun.

## **Class Etiquette**

Please turn off cell phones and pagers.

Remove shoes before entering the asana room.

If you are new to the studio or to a particular teacher please introduce yourself and make the teacher aware of any injuries or limitations.

Questions/comments relevant to the practice are welcomed and can be quite helpful in enhancing your practice. Conversations during class may detract from the overall quality of your yoga experience as well as the experience of others sharing the class time with you.

Each class is designed by the instructor in its entirety to enhance your overall balance and well being, leaving class early (i.e. before or during final relaxation pose) not only can be a distraction for the rest of the class, but may reduce the overall quality of your yoga experience.

When waiting to enter the studio, please talk quietly as another class is likely in progress.



## **Respect For the Studio**

For sanitary reasons, consider bringing your own mat.

If you use studio mats please use the mat spray provided or purchase individual Jo Sha Cleaning Wipes.

Please put away props neatly. Fold blankets and mats, stack blocks, and roll straps.

If you tend to sweat, bring a towel. Towels are not provided.

## **What should I bring?**

Karuna Arts Yoga does provide all props, including mats, but we highly recommend bringing your own yoga mat. Many practitioners bring a water bottle and small towel. There are no fees for use of studio props. Yoga mats and props are available for purchase.

## **Weather**

We make every effort to create a diverse array of class times for our students. Winter weather may hinder your and our ability to attend class. Please feel free to phone ahead of time to learn of any snow cancellations.

Karuna Arts Yoga

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