



TRUE PATH YOGA STUDIO ETIQUETTE

This is your space. Your commitment to be here is valuable and we get it! Let's protect your time to allow you to breathe, connect, rejuvenate and discover! Simple guidelines so that everyone can enjoy a positive and beneficial class experience.

- Arrive at least **5-10 minutes prior** to the start of the class. All classes start on time.
- **Remove** your **shoes** upon arrival (winter boots and jackets must be left in the reception area).
- Ensure that **cell phones** are turned **off** or on **silent** upon entering our studio.
- **Sign-in** at the front desk before entering the studio. Teachers can do this for you as well.
- Keep your **voices low** in the studio/reception area if there is another class in progress.
- Do your best to **remain in the studio** for the entire duration of class especially during savasana final resting pose the most important of all asana! Enjoy it!

Be the witness to your own practice.

~ The True Path Yoga Team



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