



Yoga Etiquette / House Rules

PUNCTUALITY

- Please arrive at least 5 minutes early for class; 10 is better.
- Late comers may be denied entry once the class has started.
- Students are welcome to come up to 15 minutes early.

BOOKINGS & CANCELLATIONS

- Please preregister ONLINE or via the MINDBODY app. You may reserve classes up to 2 weeks in advance.
- Cancellations are permitted prior to 2 hours before class time.
- In the event of a “no show” or ‘late cancel” (within 2 hours of class time), your booking will be counted as an absence. Habitual absences will be noted. If the class is at maximum capacity, you will lose your pre-paid class or unlimited pass holders will be charged a fee.

WAITLISTS

- All classes have a waitlist available.
- If you are added to a class from the waitlist, you will be notified via email.
- It is your responsibility to check your waitlist status.
- If you cannot make it, or choose to give up your waitlisted booking, please cancel so the next student can move up and you can avoid any penalty.

HOUSEKEEPING

- Shoes are not permitted into the practice area.
- Bags/purses or other clutter is not allowed in the practice space regardless of size.
- You are welcome keep your personal belongings in the reception area.
- Use the disinfectants and cloths provided to wipe down mats, blocks, etc. after use and return neatly to respected storage area/rack.

- Please do not use blankets or bolsters for warm or hot practices.

GENERAL ETIQUETTE

- Please keep conversations to a minimum and speak in a low volume when necessary.
- At the end of class, please be courteous and mindful of students arriving for the next practice.
- All electronic devices **must** be in the reception area and silenced before the practice begins. In the case of emergent situations, please notify the instructor.
- Smart watches should be on **DO NOT DISTURB** during class so that notifications and lights will not go off during practice.
- Do not check your calories, answer texts, check emails, etc. through your smart watch during your practice.
- It is expected for all students to stay until each class is over. In case of an emergency or occasional special situation, please notify the instructor before class.
- If you have an emergency or in a situation where you need to be available via your mobile device, please let the instructor know before class.
- Enter the studio quietly and talk softly upon arrival, especially if there is a class in session.
- Do not step other's mats when moving about in the practice space.
- Finish all telephone conversations in your vehicle or **outside** the studio. Telephone conversations should not be conducted in the reception area.

AGE LIMIT

- Children under the age of 12 are not allowed to join regular classes.
- Minors are not permitted to attend or participate in warm or hot classes.
- Children between the ages of 12 - 16 years old are welcome to practice with a parent or guardian.
- Minors that are 16 or 17 are allowed to practice at The Yoga House without adult supervision, but must have the consent of an adult.
- Children, friends, or family members of any age are not permitted to wait in the reception area during class. Nor is class observation without participation.
- Senior citizens are welcome to attend classes, although if exercise is not part of a regular routine, doctor's permission is strongly recommended prior.
- Attending a beginner-friendly class is recommended for new practitioners.
- The ability to get up and down from the mat without assistance is required.
- We do not recommend our hot or aerial classes for our elder generation if balance and/or physical health may be impaired.

COMMUNICATION WITH STAFF

- Keep all communication with staff member professional while in the studio.
- Contact Diane, the owner, with any problems or incidents that you feel are relevant to the betterment of our studio and yoga community.

Thank you in advance for adhering to our requests and respecting your fellow mat mates.

Please note the above rules may change at any time or at the discretion of The Yoga House.