



House Rules

PUNCTUALITY

- Arrive at least 5 minutes early for class. Late comers may be denied entry once the class has started.

BOOKINGS & CANCELLATIONS

- Preregister ONLINE or via the MINDBODY app. You may reserve classes up to 2 weeks in advance.
- Cancellations are permitted 2 hours before the class starts.
- In the event of a “no show” 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.
- If less than 3 people are registered for a class 2 hours prior to the start, the class will be cancelled; you will not be charged or lose a class and will be notified via email.
- Class attendance numbers are available to view on the MINDBODY app as well as the “schedule” tab on the web site.

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

- No shoes are permitted into the practice area.
- No bags are allowed in the practice area; please keep all person belongings not needed for your practice in the reception area.
- Use the disinfectants and cloths provided to wipe down mats, blocks, etc.
- Do not use blankets or bolsters for warm or hot practices.
- Fold blankets properly and neatly return all borrowed props to their respected areas.

STUDIO FACILITIES

- Use the baskets, shoe cubbies, desk key hooks, etc. for your personal belongings. You may keep all of your personal items stored neatly out of the way of traffic in the reception area.
- You may arrive up to 15 minutes before the start of class.
- At the end of class, please be courteous and mindful of students arriving for the next practice.
- Cold water is available in the case of forgetfulness, and hot tea for your enjoyment. We appreciate donations in our “good karma” jar for replenishment of supply.

GENERAL ETIQUETTE

- Keep conversations to a minimum and speak in a low volume only when necessary before class.
- All electronic devices must be in the reception area and silenced before the practice begins.
- 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.
- 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, especially if there is a class still in session.
- Do not step any mats except for your own.
- Finish all telephone conversations in your vehicle.
- Be courteous of students gathering their belongings after class and exiting the studio.
- Water bottles or beverages with a lid/cap are allowed in the practice 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 the ages of 12 - 15 years old are welcome to practice with a parent or guardian.
- Minors that are 16 or 17 are allowed to practice without adult supervision.
- Children, friends, or family members of any age are not permitted to wait in the reception area during class.
- Senior citizens are welcome to attend classes, although if exercise is not part of a routine, it is recommended to attend level 1 classes.
- The ability to get up and down from the mat without assistance is required.

VIRTUAL CLASSES

- Virtual classes and studio classes are the same price. Memberships or packages may be used for either.
- Preregister for virtual classes in advance as well. You will be emailed a link 30 minutes prior to the start.
- Turn off your microphone when participating in virtual classes.

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.