

PARAM YOGA

HEALING ARTS CENTER

YOGA ETIQUETTE

In respect for our yoga space, please honor the following requests:

- Arrive in plenty of time to set up your space prior to the start of class.
- Please do not enter class during opening meditation.
- Remove your shoes upon entering.
- Keep the volume of your voice low.
- Do not indulge in idle conversation (no gossip).
- Leave all cell phones outside of the yoga space and make sure they are on silent or turned off.
- Refrain from chewing gum during class.
- Modest dress is encouraged.
- Please make sure that your hair is contained throughout class so that it does not distract from your yoga practice.
- Refrain from wearing perfume or scented products.
- If you are not staying for the final resting pose, please take all of your belongings and exit the room as quickly and quietly as possible.
- Once you make a commitment to regular participation, please bring your own yoga mat.

Your cooperation sustains a peaceful, clean environment for all to share.

Namaste