



# SUN DOG YOGA

## “Studio Guidelines”

1. You are expected to have your own yoga mat...we have mats available to purchase. We will have a limited number of mats which you may borrow for your first class. If you purchase a 10 class pass or monthly unlimited pass, you are expected to have your own mat.
2. You may wish to bring a hand towel.
3. Refrain from eating a large meal 2 hours prior to class. A light snack up to an hour before class will “get you through”. Hydrate throughout your day, before and after class, but we ask that, when at all possible, you refrain from drinking water during class time.
4. Wear loose, comfortable clothing....or clothing which can stretch. For men...if you wear shorts, you will need to wear a pair of tighter shorts (like bike shorts) underneath.
5. Yoga is done barefoot, so bring “clean tootsies” with you!
6. Refrain from wearing heavy perfume....less is more.
7. Try your best to arrive 10 minutes prior to class start time so you have an opportunity to check in and get settled. If you **MUST** arrive after class begins, please enter quietly, and wait to unroll your mat if the rest of the class is sitting quietly.
8. Leave cell phones and pagers turned off and OUTSIDE of the class room along with your shoes in the cubbies in the front hallway.
9. If you need to leave prior to the regular time class finishes, please give yourself several minutes to lie down and rest on your mat before leaving....this is an important part of your practice. And please be respectful of the rest of the class and leave quietly.
10. Most of our teachers are “hands-on” in their teaching style, in order to assist you in better understanding the postures. If you do not wish to be touched for any reason, please let the teacher know before class begins.
11. If you have any pertinent medical problems or concerns, please let the teacher know before class begins.
12. Yoga teaches us to become conscious of ourselves, our surroundings and others....be respectful of your class, yourself and have fun!