

# Studio Guidelines

## Arrive ahead of time...

- Ample free parking is provided on site.
- Please arrive 10 minutes prior to the start of class to allow plenty of time to check in. We reserve the right to deny class entry to anyone who arrives after the start time.
- Please enter and leave the studio quietly. Take time to sit in quiet meditation to mentally and physically prepare for class. Conversations should be kept at a low volume.
- Please silence mobile devices upon entering the studio as a courtesy to others.
- Every student is required to sign in at the front desk tablet.
- First-timer? New students are required to sign a waiver prior to participating in their first class, so please arrive 15 minutes early your first time to do so. Online waivers through [Mindbody](#) are acceptable. Please also get comfortable and take a look around your new yoga studio!
- Inform your teacher of any injuries or if you are new to yoga prior to each class.
- Group public classes are for students aged 14 and over. If you are aged 14 to 18 we require signed parental consent.
- Please do not leave early without giving the instructor prior notice; we want to make sure that you are ok!

## Bare feet = happy soles...

- Leave your outdoor shoes at the entrance on the rack provided.
- Keep the studio clutter-free by putting your extra items in the cubbies provided – please no personal belongings in the practice space.
- Bring a reusable water bottle; we are happy to provide fresh filtered water at the studio.

## Be courteous...

- Please avoid perfumes or other scented products as some people are allergic.
- Be neat, quiet and mindful as you enter and leave the studio.
- Be friendly; Sweet Serenity Yoga and Wellness is a community-centered space - say hello to someone new.

## An ounce of prevention is worth a pound of cure....

- If you have health concerns, please see your doctor before your practice and bring a note to class. We do not and cannot offer medical advice.
- Pregnant students require a doctor's note.
- Look after your body; ask for modifications and choose a class that suits your body and your fitness level.
- At the close of class, please sanitize and replace all props and mats to their proper location. Mat cleaner is provided.
- Attend class in good health (no colds/seasonal illnesses please) and in good hygiene. If you are sick or have anything contagious, please do not attend - stay home and take care of your body.

## Stay safe...

- Yoga should never be painful. If something doesn't feel right, don't do it. Ask your instructor for another option.
- Listen to your body as you know it best.
- Please rest whenever you need to. Sit back into child's pose or lay in [Savasana](#).
- Choose a style of yoga that works for you; if you're new to yoga start with Gentle Hatha, Slow Flow or Classic Barre. We also periodically offer intro & beginners' sessions to provide the basics in a workshop setting – check our schedule for when the next session will run.
- Unsure of which class to take? See our [Class Descriptions](#) for more information.
- Please see the [Terms & Conditions](#) for further info on buying passes, pausing your pass and returns/refunds.