

Studio Guidelines

Pretty please…

Honor the start time of each class and arrive early.

All students must sign in at the Front Desk before class.

Remember to turn off your cell phone and give yourself the gift of time to devote to your practice.

Remove your shoes before entering the studio.

Observe basic hygiene and avoid heavy perfumes as many people are allergic.

Inform your instructor of any current or past injuries.

What to Expect from a Heated Studio

Our intermediate level vinyasa is practiced in a heated room (90 degrees), so expect to sweat. Please drink plenty of water throughout the day before your practice to prevent dehydration.

It is common for new students to experience dizziness if they are not accustomed to the heat. Please honor your body and take rest. It's OK if you don't complete all the postures the first time. You will soon find that practicing yoga in a warm room has many benefits:

- The heat helps stretch the muscles and connective tissues allowing for flexibility and greater range of motion with less chance of injury.
- Your body burns fat more effectively.
- Muscles and internal organs are oxygenated more effectively which helps in removal of waste.
- Metabolism speeds up.
- Your heart gets a good workout.
- Sweating promotes detoxification.
- The strengthening of willpower, concentration, and determination in this challenging environment!