

# Yoga Class Etiquette

## ARRIVE

Please arrive **5-10 minutes before** class start time. Allow yourself time to use the restroom and get situated on your mat with all needed props by the start time of class.

## PREPARE

Please leave your **phone/music devices on silent and outside of the studio space**. Be mindful to **take off shoes** and leave them in the cubbies in the lobby. The only thing you need while in the studio is: yourself, mat, and any needed props for class. Hanover Yoga aims to eliminate any distractions while you practice.

## CREATE

Please be mindful of the studio space and help us create a calm space. **Please be quiet**. Hanover Yoga is aiming to create a **space of tranquility and calm** before the class begins. If you are within the studio space setting up please keep voices soft and bring in quiet energy and quiet bodies.

## RESPECT

Please respect the teacher. Listen to his/her guidance and learn from their experiences. When you come to class you are also strengthening your ability to listen and become a better student of life. **Please refrain from talking, whispering, or laughing in class, unless otherwise asked to do so by the instructor.**

## PRACTICE

**Please keep variations appropriate.** Keep in mind the level of the class you are attending. If something is too hard, please take the modification offered. If something is too easy, please explore advancements appropriately.

## INFORM

Please **inform the instructor of any injuries or physical limitations before class**. Please inform the instructor if you do not feel well at any time throughout the class. Also, please raise your hand and ask the instructor for any props needed during the class. Our instructor want to make you as comfortable as possible while you practice.

## RELAX

Please **stay until the end of class, after final meditation is completed**. If you have to leave early, not a problem, please let the instructor know before the class and please exit quietly.

## SUGGEST

We are always looking for improvements. If you have suggestions, please contact us at [support@virginalovesyoga.com](mailto:support@virginalovesyoga.com). Namaste!