

SoFLo HOT YOGA STUDIO GUIDELINES

CLASSES

Classes are on first come first serve basis. No advance registration required.

New clients please arrive 15 minutes prior to your class, so we can assist with your registration and show you our studio.

MINOR POLICY

Children of age 12 and up may attend non heated yoga classes with parent/guardian companion - adult pricing applies

Children of age 16 and up may attend non heated and heated classes with parent/guardian consent - adult pricing applies

FACE MASKS

Masks are required in the reception/lobby area. You may remove the mask upon arrival to your mat.

SANITIZE

Wash your hands as often as possible and use hand sanitizer available in the studio.

BE MINDFUL OF OTHERS

YOUR WELL-BEING IS THE NUMBER 1 PRIORITY

If you are not feeling well, experience chills, fever, cough, running nose or any other symptoms of illness, don't attend the class and **STAY HOME**. By taking care of yourself, you are taking care of others.

TEMPERATURE CHECK

Our team member will check your temperature using touch-less device. You won't be able to attend the class if your temperature is at or greater than 100F.

DEEP STUDIO CLEANING is scheduled on a weekly basis. We have also implemented sanitizing practices (WIPE DOWNS) after each class or studio use.

BRING YOUR OWN YOGA MAT, PROPS AND TOWEL

We do not provide rentals at this time. Mats and blocks can be purchased at the studio.

PHYSICAL OR MEDICAL CONCERNS

Communicate medical conditions to your teacher before class. Teachers will do their best to make accommodations and tailor your practice to your needs.

DRESS COMFORTABLY

Wear comfortable fitting clothing. Consider avoiding accessories that could disturb your movement. Classes are barefoot.

AVOID BIG MEALS BEFORE CLASS.

If possible, wait 2-3 hours after a meal or a half hour after a light snack or drink before practicing.

BRING YOUR OWN WATER AND STAY HYDRATED before, during the class (in between poses) and after your practice.

CHECK IN at the front desk, take off your shoes and turn off your cell phone.

***ENJOY YOUR YOGA AND COME BACK!
WE LOVE TO SEE YOU EACH AND EVERY TIME!***

Breathe. Flow. Let Go.

