

# 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 the studio.

**Studio doors close 3 min after class start time, please respect others practice time and do not knock.**

## MINOR POLICY

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

Children of age 13 and up may attend non heated and heated classes with parent/guardian consent - adult pricing applies

## 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.

We encourage you to wear mask in the reception/lobby area. You may remove the mask upon arrival to your mat.

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

## BRING YOUR OWN YOGA MAT AND TOWEL

We do not provide rentals at this time.

## 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 yoga appropriate, comfortable fitting clothing or athletic wear. Guests wearing undergarments or disrespectful outfits will not be allowed to attend the class. 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.*

