

# STUDIO ETIQUETTE *guide*



We ask that you turn up on time to your class. Our door is always open 30 minutes before class, and we encourage you to turn up 10-15 minutes before class. This allows time for you to settle in our space without rushing, and be ready for class to begin on time.



When you come into the studio, please leave your shoes at the door so that the studio is kept clean and sanitary. Please leave your bags on our shelves just inside the studio doors and keep them off of the studio floor. This ensures that your fellow yogis have space, and that your teacher has space to walk between mats and assist during class.



We ask that you do not use an out of studio yoga mat, or place your personal mat on top of our in studio mats. We take extra care to clean our Liforme mats before every class and prefer to use them for hygiene reasons. Should you require extra padding, for instance due to injury, or discomfort on the ground, please feel free to use our blankets and pillows.



We ask that phones are not brought into the studio and onto the mat with you. Please make sure your phone is on silent or turned off - we are a small studio, so mobile disturbance can easily disrupt your class and fellow yogis.



We ask that water and drinks are left outside the studio space, unless you have extenuating needs. This is to avoid damage to our floor, mats, and props - which we hope we can care for and maintain for a long time.



We ask that you are mindful of appropriate body accessories when you come to class. For instance, wearing certain body lotions or body glitter, which may get stuck in our mats and ruin them for other yogis. Likewise, loud jewellery, such as bangles, can be distracting during class and disrupt peace for others in a small space.

