

Synergy Yoga Studio Policies

Yoga Studio Etiquette

- If it's your first time at the studio, please arrive 15 min before the class begins to get acclimated and chat with the instructor.
- Please park in front of the studio. There is additional parking available along the side of and in the back of the studio. Please do not park in front of or block either the entrance or exit on both sides of the building as this will create a traffic jam! If you parked directly behind someone else's car, we ask that you not linger in the studio and chat too much after class as to prevent blocking people from leaving the studio after class.
- When you enter the space late please do so quietly. Also, try not to be late. Often the first part of the practice, which we call integration, can be very powerful. Late arrivals are disruptive to this sacred process.
- We require a minimum of three people to register within two hours before the start time for all classes. For early morning classes, please sign up the night before.
- If you have any medical concerns or conditions, please get the okay from your doctor to make sure yoga is okay for you and then let the teacher know what's happening.
- We consider the studio a sanctuary. Please keep your shoes, bags and devices in the back room. This includes smart watches and cellphones. They become a distraction. There is an exception for

health care workers or caregivers that need to be on call, but please keep your phone on vibrate.

- Conversations before and after class can often be the best part of coming to the studio! Please be mindful of your volume and choice of topic. Let's keep politics, covid and complaining out of the space.
- Hygiene -please check that your yoga mat, towels and cloths are clean and without any odor. Sorry gotta say it...that goes for YOU as well.
- Please no heavy perfume or cologne.
- If you smoke cigarettes or pot, please don't do so right before class. The smell permeates the studio.
- If you are feeling under the weather, please don't come to class. We also ask that you stay home even if you are feeling okay, but are chronically coughing or sneezing profusely.
- If you have to leave early, please do not leave during savasana. Gather your things quietly before we begin savasana.
- Practicing together is a moving meditation. Please keep distracting behavior and sounds to a minimum. It messes with everyone's peace.
- We welcome freestyling in the practice as long as you are being safe. Please position yourself towards the back of the room. This is especially helpful when there are new people in the class.

- Please do not step on another person's mat.
- If the class is full, please line up your mat with the lotus blossom at the top center of your mat. We appreciate your flexibility when asked to move your spot on the occasion when we get an influx of people at the last minute.
- Thank you for wiping up any spilled water or sweat around your mat.
- If you have an established practice, it's good to have your own mat, towels, water bottle and props. We offer mats and towels for rent for \$2.00 . If using our props please clean them after use with the cleaner and wipes available.
- For our sound baths or yin classes, it's lovely to bring your own mat, blanket and pillow to make a cozy nest for yourself.
- Teens aged 13-15 are welcome to practice with a parent or guardian.
- Lost and Found items are donated on a monthly basis. If you are missing an item, don't wait to ask us to check on it for you. Our storage space is limited.
- Have patience with your fellow yogis' quirks. Keep your attention within your own practice and you won't even notice.
- Pause when you are leaving the studio and ask yourself " do I have everything?"