

HOUSE RULES

TO SUPPORT A CALM AND FOCUSED PRACTICE FOR EVERYONE, WE INVITE YOU TO KEEP THESE GENTLE GUIDELINES IN MIND:

- PLEASE ARRIVE A FEW MINUTES EARLY TO SETTLE IN. A 5-MINUTE GRACE PERIOD APPLIES; AFTER THAT, LATE ENTRY MAY NOT BE POSSIBLE SO CLASS CAN BEGIN SMOOTHLY.
- WE PRACTICE BAREFOOT. KINDLY LEAVE SHOES OUTSIDE THE ROOM.
- PHONES SHOULD BE ON SILENT OR DO NOT DISTURB AND KEPT OUTSIDE THE PRACTICE SPACE. PHOTOS OR VIDEOS ARE WELCOME BEFORE OR AFTER CLASS, BUT WE ASK THAT PHONES AREN'T USED DURING PRACTICE.
- IF YOU'RE MANAGING AN INJURY, PREGNANCY, OR FATIGUE, PLEASE LET YOUR TEACHER KNOW BEFORE CLASS SO WE CAN SUPPORT YOU.
- STAYING FOR THE FULL CLASS HELPS MAINTAIN A SHARED, FOCUSED EXPERIENCE. PLEASE BE MINDFUL OF THE SPACE AND KEEP TO YOUR OWN MAT.

THANK YOU FOR HELPING CREATE A CALM, SUPPORTIVE SPACE WHERE EVERYONE CAN MOVE AND PRACTICE WITH EASE.