



## Studio Etiquette

**Attire**—Dress comfortably in clothes that are easy to move in. Wear or bring layers to adjust to the “weather.” You may get cooler when you relax in Shavasana, yoga’s relaxation pose, and cover yourself with a blanket. Please refrain from wearing perfumes and other heavy scents to class; many people have allergies or are sensitive to strong smells.

**Cell Phones**—Please turn your cell phone all the way off before class or leave it in your car.

**Bring**—Feel free to bring a covered water bottle to class and an eye pillow, if you’d like.

**Arrival**—Please arrive 10 minutes before class begins. This gives you time to set up your blankets, gather what you need, and settle into Shavasana. Classes typically begin on time.

**Eating**—For your comfort, plan to eat an hour or more before class, or something very light.

**Payment**—Payment is made to the teacher who is teaching your class. We accept cash, checks, credit cards and VENMO. Checks for Maria are made out to Time for You Yoga. Checks to other teachers are made out to them personally. For cash, please label it with a note before putting it in the payment box.

**Personal Storage**—Please use a cubby or hook to keep your personal belongings during class. Keep your eyeglasses in a safe spot (i.e on a shelf or in your cubby).

**Being Late**—If you happen to be late, simply enter the room quietly. Slip into a spot and enjoy whatever Shavasana you can.

**Bathroom**—The bathroom is on the first floor directly outside the studio in the hall. Please use it any time—before, during, or after class.

**Missing a Class From a Paid Series**—When you are going to miss class, please let your teacher know. If you paid for a series and miss a class, you can make it up by attending another class during the same session. For make ups, please contact the teacher to insure that there is a spot for you. You can also take the credit from one missed class and apply it toward a private yoga therapy session. We do not track missed classes or credits from session to session.

**Discounts**—You may take a 10% discount (one per student), if one of the following apply:

**Multiple Class Discount**—taking two class series per week.

**Family Discount**—two people living in the same household sign up for a class series.

**Senior**—60+ years of age (includes class series and yoga therapy sessions).

**Your Yoga Spot**—At the end of class please leave a single blanket on the floor. On that blanket leave two or three zeds and a roll, blocks and a head blanket. This makes it easier for the next class.

**Questions**—As yoga teachers, we love questions. Please feel free to speak to us before or after class. If there is anything we can do to make your experience more satisfying, please let us know.

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[www.TimeForYouYoga.com](http://www.TimeForYouYoga.com)