

Yoga Shala & Wellness Center presents:

YOGA ETIQUETTE 101

... with a little COVID-19 flair.

REGISTER FOR CLASS 24 HOURS IN ADVANCE

PRE-register for class using our online portal. Reserve your space before class begins. Classes have been limited to 15 students to a class; maximum occupancy allowance.



Studio doors open 15 minutes prior to class.

COVER INCIDENTAL COUGHS OR SNEEZES

It happens, we know... but please be extra aware should you need to sneeze, cough, or exhale with GREAT enthusiasm - exit the room or cover up.



If you are experiencing any symptoms of sickness, please stay home and be well.

MASK UP WHEN CHATTING OR OFF THE MAT

Please wear your mask in the lobby, bathrooms and if you're chatting on your mat. You may remove your mask if you are vibing quietly on your mat and during class.



Be mindful of the students around you. We are all here to heal, find balance and strengthen our bodies and mind.

WE ARE MEDICALLY CLEAN & SANITIZED

Rest assured our studio is sanitized and cleaned between every class. We use hospital-grade botanicals that certify us "medically clean".



THERE'S A WAITLIST IF THE CLASS IS FULL



Classes do fill up, particularly on the weekends. There will be a waitlist should the class be full. You will be notified when you're moved into class.

Be sure to cancel 1 hour prior to class or a service fee will be charged for no-shows.

NOSE BREATHING | LIMIT MOUTH EXHALES



We have modified our classes to remove mouth exhales. Please do your best to remember to breath in and out through your nose.

Deep breathing exercises are to be performed with mindful, closed-mouth breathing.

BE SURE TO TAKE YOUR GEAR HOME WITH YOU



All yoga mats and student supplies are not to be left in the studio. Those items that remain, unclaimed, will be donated to the SPCA to help our furry friends in need. They LOVE yoga mats!

Students are encouraged to bring an extra towel for touch zones and to absorb any sweaty spots you leave on the floor.

STUDIO CLOSES 30 MINUTES AFTER CLASS.



Please maintain social distancing protocols in the lobby area and bathrooms.



Soiled gear and yoga towels should immediately be removed from the studio after class is over.

