

Zen Fit Studio Etiquette

At Zen fit yoga we strive to provide our students and our community with exceptional classes and outstanding service.

We have a responsibility to contribute not only to our student community and also the great community as well.

Our mission is to provide high quality yoga instruction in a fun, supportive, and inclusive environment for healing, transformation, and empowerment.

The benefits of yoga can be felt immediately and seen over time. Benefits are accessible to anyone regardless of fitness level, age, experience or background.

Every business needs rules and regulations to help promote functionality and consistency; Zen fit yoga is no exception.

- Turn mobile phone to air plane mode setting when entering the studio and put away until end of class. We request that you respect the calm space provided by refraining from using your mobile phone inside the studio.
- No shoes allowed inside the studio. Please take off before entering.
- No glass water bottles to be brought in the studio or any food.
- Please aim to be on time and if you can arrive 5-10 minutes prior to class start time. Please don't arrive earlier as the teacher needs plenty of time to prepare for class, mentally and physically.
- Be mindful of others.
- Repeatedly arriving late to class can be disruptive to others. We realize that situations do occur, however. If you do arrive late, politely prepare yourself for class at the door (put away your keys, shoes, etc.) and have your mat ready to unroll quietly as you enter the room.
- The practice space is a quiet zone. Please keep talking to a bare low minimum.
- Respect your fellow yogi and practice good hygiene... Practice cleanliness
- We recommend a mild deodorant, clean clothes, and none or light perfume
- We encourage students to bring their own yoga mat, owning your own yoga mat is the best option for health reasons (however, loaner mats are available as long as you roll them neatly as you found them and are thoroughly cleaned and sanitized after each use)
- All other props are provided. Please make sure you put all props back neatly as you found them!
- Restrooms are available that may be used as a changing space. Practice cleanliness especially in the common areas and restrooms and check before you leave that everything is, as you found them.
- New Students are required to sign a waiver prior to participating in their first class, arrive a few minutes earlier.
- Yoga looks different on every body. Keeping your eyes on your own practice promotes self-love and non-comparison or competition
- Be aware of the space around you so that everyone feels they have all the space they need!
- Read class descriptions and take the class that feels aligned with your purpose of yoga
- If you must leave class early, do it before Savasana (final relaxation pose). Please know that Savasana is essential, so if you need to leave early, allow yourself a few minutes in corpse pose to reap the benefits of your shortened practice. This also alerts others around you that you plan to

leave class a bit early. If you need to use the restroom do so in a quite manner without disturbing class.

- Try to create an intention to dedicate your practice to. This is a wonderful way to focus your attention.
- Every student is required to sign through the Zen fit yoga website . No walk ins are accepted
- Be respectful. To the instructor, to the class , fellow yogis and to yourself.
- We have the right to refuse service to anyone who does not treat our teachers and students with kindness and respect.
- Minors may not sit in the reception area while the parent is in class.
- The MOST Important Thing To Remember Is To Have Fun and Enjoy Yourself!”