

STUDIO ETHOS

- At Yoga Folk, we ask that you arrive 10-15 minutes early to class to find parking in the back parking lot, which can be accessed through Pike Street. Take this time to settle in and release anything that no longer serves you before entering the studio.
- Please arrive on time, as the door will be locked and the sign for Yoga Class in Progress will be flipped once class starts. We also ask that you stay for the entire class. This ensures we honor the full practice and everyone's time.
- Thank you for your respect and mindfulness in creating a positive environment for all.