

Yoga Class Etiquette

At Tranquility Yoga we want everyone to feel welcome and comfortable. Here are some guidelines that will assist you in getting the most from your experience:

Arrive on time: This will help optimize your yoga experience. Every class begins and ends with quiet time, and late arrivals can be disruptive to you and other students. If you do arrive late, please enter as quietly as possible. If you need to leave early, please inform the teacher at the beginning of class. If you can arrive a few minutes early to relax, you will get even more from your class experience.

Clothing: Wear layers of loose, comfortable clothing – anything that will not restrict your movement is fine. The studio temperature is kept at 70 - 72°, and you will be lying still at the beginning and end of class. Please take your shoes off before entering the studio (we have a shoe rack in the hallway). In sandal weather you may want to bring along a pair of socks.

What to bring: Please bring a large beach towel to lie on (we do not use yoga mats). If you are coming regularly to class, you may leave your towel in the closet in the back of the studio. Please label your towel. Do not use other people's towels or put towels in the laundry hamper.

Food/drinks: We recommend that you do not eat a heavy meal before coming to class. If you need to eat before class, eat a small snack. You may also bring a closed water bottle to class with you, although you may not need it during class, as this yoga is slow and not an athletic workout.

Perfume: Please refrain from wearing any perfume or other heavy scents to class. This includes scented body lotions, hairspray, and after-shave products. These scents may trigger allergic reactions in other students and teachers.

Pets and pet hair: Some students are allergic to pets, especially pet hair. If you have pets at home, please try to limit the amount of pet hair on your clothing when coming to class.

Jewelry: Please remove any heavy bracelets or necklaces prior to class. This can interfere with your ability to do poses, and make it difficult for your teacher to do adjustments.

Drugs/alcohol: Please refrain from using any non-therapeutic drugs or alcohol right before class. If you have a medical condition that requires the use of an inhaler, glucose tablets or nitroglycerin, please bring these with you and inform your teacher at your first class.

Pagers/Cell phones: Please turn these off before entering the studio. Even a cell phone on “vibrate” can disrupt a class. If you need to have your phone with you for emergency reasons, please put it on vibrate and inform the teacher at the beginning of class.

Thank you for reading and following these guidelines. Our goal is to provide a comfortable environment for our students. Your comments and suggestions are always welcome and appreciated.