

PREPARING FOR CLASS

It is best to practice on an empty stomach (2 hours after your last meal). If you do eat something, fruit is a good option. Come to class well hydrated.

Yoga attire should be comfortable and allow for easy movement. Yoga is practiced with bare feet. Shoes are not allowed in the yoga room and should be stored outside the classroom entrance. Small valuables (keys, wallets, etc.) may be brought into the yoga room. Please store larger items in the changing room lockers. If you bring a cell phone into the studio, make sure that it is on silent before the class begins.

Be aware that strong smelling scents (perfumes, cologne, essential oils, body odor etc.) can be disturbing to some students. Feel free to shower before class. If you are likely to sweat, please wear deodorant and bring a towel to place over the mat and blankets. Avoid wearing body lotion as it can make contact with the mats slippery and unsafe.

ARRIVING

Plan to arrive on time out of courtesy to your classmates and teacher, and to maximize the benefits from your yoga practice. If you arrive late and an opening meditation is in process, do not enter the studio until the meditation is over. A sign will be placed on the door to indicate this, and the teacher will remove the sign afterwards. Students may join the class up to 15 minutes after the class has started, but are strongly encouraged against being late. If class size reaches its capacity, signs for no further admittance will be posted on the classroom door.

Movement Yoga provides mats, blankets, straps and blocks. All of our mats are PVC-free. Eco-friendly spray is provided to wipe down mats after each use. Students are welcome to bring their own mats.

SAFETY

To ensure a safe and enjoyable experience, check the skill requirements for each level and attend classes that support where you are at. It is the student's responsibility to inform the teacher if they experience any unusual pain during class. If you are pregnant, have injuries, recent surgeries, or medical conditions tell your instructor before the start of class. We enjoy practicing Partner Yoga and our teachers offer hands-on adjustments. If you feel uncomfortable about receiving or giving touch, tell the teacher as soon as possible.

CHILDREN

Please do not bring children to adult classes. If you have a teenager (16 and up) who can participate fully, please check with the teacher prior to the start of class. We plan to offer Children's Yoga classes soon.

LEAVING

Leaving early creates a disruption to the class dynamic. If you must leave early then notify the teacher before the class begins. Set your mat near the door and give yourself five minutes to do the corpse pose before readying to leave. If you have used Movement's props, return them to their storage areas (mats are to be sanitized first). DO NOT leave during the final meditation (savasana), as noise can be jarring to people's nervous systems. If you are arriving late and know you must leave early, please join us at another time. Be sure to drink plenty of water after the class ends and throughout the rest of your day. We welcome your feedback and thank you for practicing with us!