

Studio Code *at* Chesapeake Yoga & Wellness

- **Cash or check.** Chesapeake Yoga & Wellness does not accept credit cards.
- **Please bring your own yoga mat if possible.** It's more hygienic. However, we do have a few available to borrow, and they must be cleaned following class.
- **Dress in comfortable clothing** – not too baggy. Baggy clothing can make it difficult for the teacher to see the correct alignment of the student's form.
- **Please leave mobile phone behind or OFF**
- **Please arrive early.** Please arrive early. Entering class late is disruptive. However, if you arrive just a few minutes late, please take a breath, and quietly sit at the entrance until movement and talking have started. At that point, you may unroll your mat and enter slowly and quietly. ***Students arriving more than 10 minutes late will not be allowed to enter the studio.***
- **Refrain from wearing perfume, cologne, or other scented lotions or oils.**
- **If you have a health or physical issue** (illness, injury or medical condition), please notify the teacher before class. Not every pose is appropriate for everyone.
- **Be prepared to show your toes** – no socks allowed during practice, unless they are pre-approved yoga socks (i.e., "Yogi Toes")
- **Let go of a competitive mind set.** Yoga is NOT competitive.
- **Be kind to yourself** by accepting who you are and what your body wants to do. Not every pose is for every body.
- **Experience or flexibility is NOT required to practice yoga.** Yoga is for everyone.
- **If you need to leave early, please inform the teacher before class.**

Namaste.