

# Simplicity Yoga Policies & Etiquette

*As a student of the Simplicity Yoga community, I respectfully request that you read and honour the following policies and etiquette, so that all students may enjoy a safe and positive Yoga experience.*

## Be on time

Please arrive 10-15 minutes before the start of class, not 'just in time', so that you can settle in without rushing. Unroll your mat quietly, so as not to disturb students who are already there. Rushing into a Yoga class is stressful, distracting and embarrassing for you, the instructor, and your fellow Yogis.

**\*\*\* Simplicity Yoga has a zero late-entry policy.** The doors will be locked 2 minutes before class, so that we can start on time. If you are not able to attend class by coming 10-15 minutes before class, please consider a different session or take steps to reasonably ensure that you will not be late.

## Listen to your body

Yoga at Simplicity Yoga is not a competition. Honour the way your body arrives, not how it was five years ago. Hold the poses according to what your body tells you, rather than keeping up with your neighbour. Be kind, compassionate and non-judgemental to yourself. Practice self-care at all times.

## Other

- avoid eating at least one hour before yoga class, or eat lightly
- please observe a low speaking volume or silence once in the Yoga space out of respect for everyone
- wear comfortable, non-restrictive clothing - Simplicity Yoga is a shoe-free space; Yoga is generally practiced barefoot, as socks can be slippery
- bring a Yoga mat and a water bottle (towel or blanket optional)
- a mat is considered sacred space - respect personal boundaries by not stepping, or otherwise touching another student's mat
- breathe, but not too loudly - if you keep your jaw tense, your breathing may distract others; breathe to the point where you feel tension releasing, but please be mindful of those around you
- please refrain from wearing scented products to class
- share peace, not germs! If you are sick, please return when you are well
- cell phones and electronic devices are to be de-activated before entering class
  - \*\*\* If you are on-call for your job, please make the teacher aware of this prior to class
- inform instructor of any physical changes to your health