

## **KNOW BEFORE YOU GO!**

Welcome to your the Yoga Sanctuary! Here are some mindful guidelines to enhance your yoga experience:

**Before You Begin:** Yoga is a journey, not a competition. Embrace your unique practice, guided by the instructor's demonstrations of various options. Tune into your body, take breaks when needed, and honor the present moment's awareness.

**Nourishment Wisdom:** Avoid heavy meals 1-2 hours before class. For morning sessions, opt for a light snack. Dress comfortably in flexible workout attire; shoes are left behind in provided lockers. Be considerate by refraining from strong fragrances to prevent potential allergies.

**Essentials to Bring:** All you really need is yourself! We have props like mats, blocks, straps, and blankets that are available for communal use—kindly clean and stow them after class. You are also welcome to bring your own yoga mat, towel or blanket, and bottled water. The latter two offer additional support or serve as a cozy cover during relaxation.

**Arriving Mindfully:** Arrive 10-15 minutes early to sign in, disconnect your phone, and secure personal items. Share any concerns with the instructor and find your space. Cultivate mindfulness by sitting quietly, allowing a few moments to settle and heighten awareness.

**Late Arrivals, No Judgment:** We value punctuality, yet if you're running late, enter quietly and find an open spot. This judgment-free zone encourages inward focus; avoid comparisons and embrace your unique practice. Honor yourself and others by being present and respecting the sanctuary of each mat.

Embark on your yoga journey with mindfulness and respect. Your practice is yours alone, a sacred voyage into self-awareness. Enjoy the sanctuary, free from judgment, and revel in the transformative power of yoga.

We look forward to seeing you on the mat!