

What I need to know for my first visit... .

**** Arrive 10-15 minutes prior to class start time**

**** A yoga mat for you to use is included in your first time visit**

**** Please wait at the front desk to get registered in**

- 1. Bring a yoga mat**
- 2. Bring a towel**
- 3. Bring water to drink**
- 4. Wear whatever you are comfortable in (shorts, leggings, tank top, workout top)**
- 5. It is a bare foot workout**
- 6. No perfume**
- 7. No heavy lotions**
- 8. Enter the space quietly**
- 9. Keep all personal belongings in the cubbies or closet**
- 10. ENJOY YOUR CLASS!!**