

# B.PY STUDIO

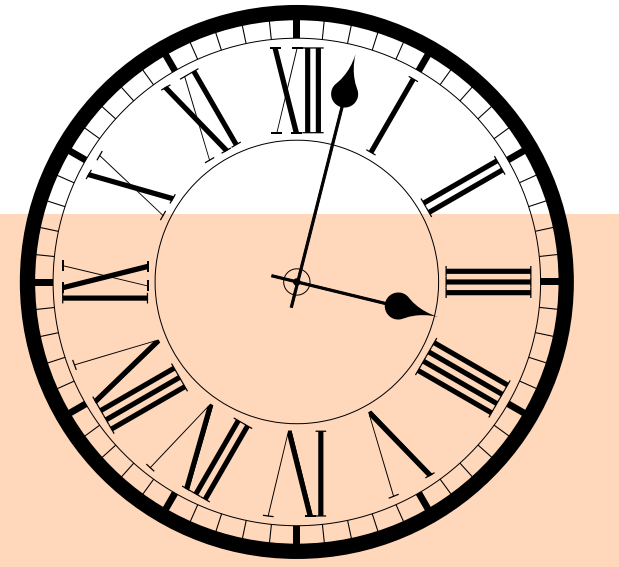
## Etiquette

### BE Mindful

- Arrive 10-15 minutes before the start of class.
- Only bring a yoga mat, towel and water bottle into the yoga studio.
- Place phones and smart watches on silent.
- Complete your practice by staying for savasana.
- **Respect for your fellow yogis.**



### BE On Time



- Whenever possible arrive 10-15 minutes before the start of class to allow time to check in, find a spot, relax and enjoy our community.
- For the experience of the rest of the class the late entry policy is as follows:
  - For **75 minute power classes** entry is allowed up to 15 minutes late.
  - For **60 minute power classes** entry is allowed up to 10 minutes late.
  - For **Restorative and Yin classes** entry is allowed up to 5 minutes late.

### BE Unencumbered

What to **LEAVE OUT** of the studio:

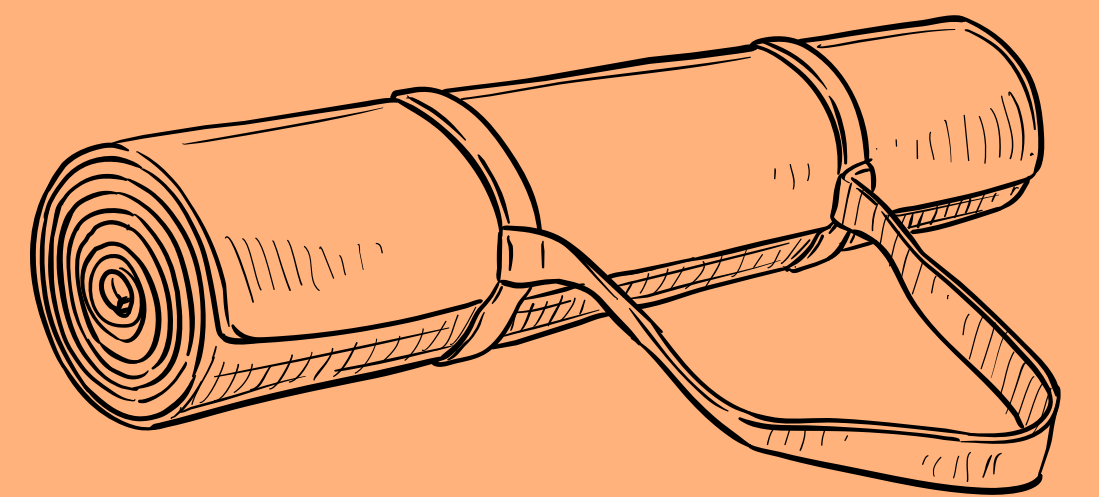
- Shoes and socks
- Purses and bags
- Cell phones

\*These can be distracting and a tripping hazard

### BE Prepared

What to **BRING INTO** the studio:

- Yoga mat
- Hand towel
- Water bottle
- An open mind



### BE Respectful

- Savasana plays a crucial role in your yoga practice as it provides the body and mind with an opportunity to relax and rejuvenate before you continue your day.
- Occasionally it is necessary to leave early. **Let the teacher know** ahead of class starting and leave at or before inversions.

### BE Present

- If you must bring your cell phone into the studio please **silence** your device and avoid using it.
- Smart watches and fitness trackers also must be silenced.
  - Apple Watches should be placed in theatre mode

Thank You!

