***Class And Studio Guidelines***

*The Healing Tree Yoga And Wellness Center*

*Phone: 604-722-8320*

*Email: thehealingtreestudio@gmail.com*

*Website: www.thehealingtreeyogastudio.weebly.com*

*Please arrive 10 – 15 minutes early to settle in.*

*Yoga is a time for inner reflection. Out of respect for your fellow students please keep voice volume soft and talking to a minimum upon entering studio.*

*Please do not hesitate to ask your instructors for assistance or modifications, we are here for you and want you to get the most out of your practice. Advise instructor of any health issues or injury prior to start of class.*

*When setting up your yoga mat & props please do so mindfully. Avoid unrolling mats in mid air & flipping them loudly onto the floor.*

*For your comfort do not eat a heavy meal 2 - 3 hours before class (a light snack is fine)*

*Please turn your electronic “gadgets” off or to silent prior to entering the studio.*

*Please do not bring any personal items into the studio, other than a towel and water bottle. Store all personal items in lock up or entrance closet. This helps keeps our environment safe.*

*Bring your own yoga mat and (a towel if needed).*

*Showering before class is recommended as a clean body is essential for Yoga. Arrive free of any scented body products to prevent allergy flare ups.*

*Yoga and Pilates are practiced in bare feet.*