



## HOT YOGA CLASS ETIQUETTE

Please observe the following guidelines when entering the Hot Yoga Studio:

**REMOVE YOUR SHOES.** The studio stays most hygienic if everyone leaves their shoes (even flip-flops) outside the yoga room. And please pay attention when walking barefoot-many students find it unsettling when others tread across their mat.

**Try to be on on time.** This gives you time to relax, breath and acclimate to the heat. Rushing in and setting up your mat late or expecting students to move their mats to make room for you, is noisy and disruptive to the entire class.

**Bring bottled water.** You're going to sweat and it's important to add fluids before class and replenish fluids after class. One or two bottles recommended.

**Keep your belongings outside the studio.** Keep your "foot print" small by limiting the belongings near your mat to the bare essentials (water bottle, towel, or block). Please do not bring your purse or cell phone into class. **The heat is likely to damage your phone or melt your lipstick!**

**Consider hygiene.** Sweat is good! It's a sign you're working hard, and a healthy way to rid your body of toxins and stress. If you're prone to heavy perspiration however, use a towel to mop your brow and wipe up any sweat on or around your mat.

**Skip the scents.** Many students have sensitivities to perfumes and scented lotions which can become worse in a hot environment. Help us keep our studio fragrance-free by not applying aromatic products before class. If you are concerned about body-odor, please shower before class and use unscented deodorant.

**Wear appropriate clothing.** Avoid clothing that is too baggy (which can get in the way during certain poses) as well as clothing that is too tight or restrictive. **Moisture wicking fabrics are best since you're going to sweat a ton!**

**Stay till the end.** Many students find Savasana (the final resting pose at the end of class) to be the "best part". If you dash out during this quiet time, you are not only disrupting other's rest, you are missing out on an essential part of the yoga experience. Forget the to-do list that awaits you, and treat yourself to this incredibly restoring pose. **IF YOU MUST LEAVE EARLY, PLEASE TAKE YOUR OWN SAVASANA AND EXCUSE YOURSELF QUIETLY BEFORE THE REST OF THE CLASS HAS BEGUN THEIR REST.**