

HOT YOGA

Studio Etiquette:

- Please be on time for your class. Plan on being 10 minutes early.
- We have lockers, hooks and shoe rack available for you to leave your items in the lobby during the class.
- Please no cell phones in the Hot Yoga Studio. Leave keys and cell phones in lockers or at the front desk.
- Please no shoes in the Hot Yoga Studio. Shoes are to be left in the lobby area.
- Your own Yoga mat and microfiber Hot Yoga towel are required to participate in the class.
- Place your Hot Yoga Microfiber towel on top of the Yoga mat during the class.
- Avoid heavy perfumes, cologne and make up.
- Limit your shower to respect anyone waiting.
- Advise instructor of any injuries before class.

I have read and understand the Hot Yoga Studio Etiquette.

Name: _____

Date: _____

Signature: _____

