

## **SCC Yoga Etiquette**

*Namaste! Let us acknowledge and honor each other by practicing good Yoga etiquette.*

- Please arrive 10 minutes before class so that you can remove your shoes and arrange your space with appropriate props, mats, etc.
- Arrange your mat with others to achieve a staggered space so all can see the instructor. Please do not step on other yogi's mats. Remember to leave room in front of restroom doors.
- Do not wear scents or oils. Some are allergic to scents, and moisturizing feet can result in oils transferring to the floor making it slippery - we want everyone to have a safe environment.
- If you must leave the room for any reason, please exit through the restroom, not the double doors. Both restrooms connect to the foyer, and are less disruptive to the class.
- We strongly encourage all to complete the entire class, not only will it give you the best experience, it will also avoid disturbing others. If you can't stay, and know in advance, please let your instructor know at the beginning of class so there is no concern about illness or injury.
- If you borrow a mat, please wipe it down with provided wipes before use (for your safety) and after use (for others' safety).
- If you are ill, please stay home and get better. We will welcome you when you are well.

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