



## Hot Yoga Downtown Etiquette

### Before Class:

Please arrive five to ten minutes before class to allow time to set up.  
Sign in or swipe your key card immediately upon arrival. Check if you are current.  
Remove shoes before entering the changing and practice room.  
Be mindful of your neighbors space and others view of the mirror.  
Cell phones in the practice room only if you are a health provider on call.  
Have clean feet and avoid strong scents.  
Feel free to chat up the room before class.

### During Class:

Respect the teacher, yoga, and tradition.  
Do your best to stay in the room until the end of class to achieve maximum benefit and create group energy. Follow the dialogue and move together.  
Adapt your practice by modifying depth. Do not avoid postures or change them.  
Try the right way and your postures will quickly improve.  
Take responsibility for the thoughts, emotions, and sensations you experience.  
Change negative energy to positive. "I will try my best instead of I can't."  
The yoga practice is not about the heat, humidity, or teacher. It's all about you!  
Learn to let go of external distractions. Have fun, work hard and inspire your neighbors. Realize your own spirit.

### After Class:

Observe silence for final savasana.  
Leave the room quietly so as not to disturb others.  
Please clean borrowed mats with provided wellness wipes and leave in room.  
Be quick with your showers if others are waiting.  
Enjoy the good feelings and energy you take with you. Come back soon!

