

# MBM Etiquette Guide



Namaste! Welcome to your mind/body journey at Mind Body Movement. Here are some guidelines that will hopefully help you feel more comfortable as you get going with your yoga/Pilates or barre classes.

## Before class

*Eating/Drinking:* It's best to let meals or snacks digest before coming to class. After a meal, give yourself 2-3 hours (depending on size/matter) before practicing yoga. After a snack, give yourself approximately 1 hour. You may drink water during class as needed, but be sure to hydrate throughout the day of your class/practice.

*What to wear:* Wear comfortable, stretchy clothes that are not too loose. Choose appropriately based on how your clothing may respond to things like sweat, twisting, lying down, or bending forward.

*Bring:* A yoga mat, towel and water. (Yoga mats are provided for use at the studio at no extra charge—we just ask that you wipe it down with the provided spray at the end of the class.)

*Avoid:* Wearing strong scents or lotion (as you sweat, you'll get slippery and won't have as much grip on your mat!).

*Get there early:* If it is your first time, please arrive at least 15 minutes early to fill out the form, get changed if needed, tell the instructor about any injuries (see *Communicate* below), and to settle in. (The studio opens 20 minutes prior to class start time.)

## Once you arrive

*Footwear:* **Take off your shoes before** you walk into the practice space and place them in the cubbies provided. It's best to practice without socks, however you can keep them on until we get moving around).

*Electronic devices:* **Please turn your cell phone off**, or better yet, do not take it into the practice space with you. If you do need to keep your cell phone with you and turned on during class (i.e., if you are a physician on call or a pilot on standby), then please set it to vibrate. If you've brought your cell phone in with you and it accidentally rings aloud during class, please turn it off as soon as you safely can.

*Communicate:* If you have any injuries, limitations, or concerns, please notify the instructor before class begins so they can help you stay safe.

*Enter the room:* When you enter the room, please respect others by entering quietly. Try to keep noise to a minimum when setting up your mat and collecting your props (i.e., block, strap, etc.).

**We like to foster a social, community feel in our classes, so feel free to chat quietly with the person next to you, otherwise, please step out into the foyer/couch area to have your discussion.**

*Positioning your mat:* Orient your mat so you will be facing the instructor. Place your props and water bottle nearby your mat to keep them handy, but make sure they are not in your way.

*Making space for others:* If a fellow student arrives and there is not an immediate space available for their mat, please extend the yoga love by adjusting your mat in order to create space for them.

*Other people's mats:* For many people, their mat is a safe, sacred space. Please respect this by not stepping on others' mats, if at all possible.



## **During class**

*Take Child's Pose at any time:* If at any point you feel that you need a rest, then please take Child's Pose. You can return to Child's Pose at any time—even if the instructor does not specifically cue it—and then re-join the class when you're ready.

*If you feel that you need to leave the room:* It is not uncommon to experience dizziness, fatigue, or discomfort during your first yoga classes. If you must leave the room, then please choose a point in the class that is resting (i.e. Child's Pose or Down Dog) to excuse yourself, and leave and return quietly.

*Follow your instructor's cues:* Rest in Child's Pose if/when you need to, but if there is a pose that you feel you cannot or should not do, please let the instructor know and she can provide a modification or an alternative pose.

*If you are late:* Being on time is of course optimal, but if you are late, please join in as quietly and as non-disruptive to other participants as possible. If you are more than 5 minutes late, it's best to come back for another class.

*Savasana (Yoga):* Savasana, or Corpse Pose/"Final Relaxation", is the last pose we do in class, and consists of lying down on our mats with our bodies relaxed and our eyes closed so that we may absorb the benefits of our yoga practice. This is a very important part of yoga class, and your instructor will let you know when it's time to come out of the pose...so just relax! 😊

*Leaving class early:* Please plan to stay for the entire class. If this is not possible, then please let your instructor know before class starts, and take a short Savasana before you depart. When you leave, be mindful of your fellow students by being as quiet as you collect your items, return your props, and depart the room.

## **After class**

*Clean your immediate area:* If you borrowed a mat from the studio, please wipe it down with the spray bottles and towels provided. If there is moisture on the floor around your mat—either from your perspiration or your water bottle—wipe it up with your towel. If you used props, please put them back neatly.

*Communicate:* Speak with your instructor after class if you have any questions or concerns about your yoga practice.

*Make sure you take your own belongings:* Double-check that those are your shoes! This goes for anything else you leave out during class, like sweatshirts, jackets or water bottles.

***Congratulations on starting your yoga practice! We hope you enjoy it as much as we do!***