

## WILD SOUL YOGA STUDIO

*We want to be sure that all of our friends get the most out of their experience when they practice at this studio. Here is a list of suggestions and considerations to cut down on distractions.*

-Please arrive on time, meaning at least 5 minutes (but no more than 15 minutes) before the class start time. If you are running late and enter class during opening meditation, remain in the reception area until the instructor signals you to set up. If you are more than 5 minutes late, we ask that you consider coming back another time.

- Please note, instructors reserve the right to cancel class if nobody is in place by class start time. Therefore, if you are running even a couple minutes late and are the only person in attendance, class may, and probably will be canceled.

-If you arrive earlier than 15 minutes before class and the prior class is still in session, please keep the noise in the corridor to a minimum. We can hear everything you're saying and it is super distracting during the most peaceful part of class.

- Likewise, if you arrive 15 minutes or more before class and there is no class but the instructor is inside, please ask if it is ok to enter. Sometimes we need this time to finish prepping the room or stretching in private.

-Some classes are listed as Pre-Registration Required, this means anyone planning on participating must register the night before by 9pm. These classes are generally less consistent in attendance which is why we require at least 2 people signed up to hold class in order to balance out our overhead costs.

- If you are the only one signed up, someone will email you to notify that class has unfortunately been canceled.
- If you didn't pre-register, but notice the class is still on the schedule anytime after 9:00 pm the night before, this means class is ON and you are welcome to drop-in. We encourage it!!
- If you sign up, please show up! We do not currently have a penalty in place for regular class 'no-shows'. but it creates a strain all around and we ask for your courtesy in understanding this.

-No street shoes of any kind on the practice floor.

-Mind personal hygiene. Additionally, please keep strongly scented perfumes, scented oils and colognes to a minimum. \*Oils on desks are for instructor use only. Please ask.

-Dress appropriately. Wear clothes that will allow you to practice safely. Be mindful if your attire is overly immodest for a public place that attracts all genders and sometimes minors.

-Keep the area around your mat as clear as possible. Aside from props, towel and a water bottle, please keep the clutter minimal. The instructors walk around throughout the class and it could be hazardous.

-Avoid unnecessary conversation/laughter/commentary during the class, this is an opportunity to focus in silence and learn from the practice.

-Participants MUST be 14 years or older to participate in regular classes. In some cases, exceptions may be made but a request must be made via email at least a few hours before class to Elisa. Instructors have the right to refuse service.

-Observing classes is not permitted. You must either take the class or wait outside and come back when class is over. \*This goes for guardians of minors taking any class and will be enforced. We sometimes offer Family Yoga for adults who want to be a part of the practice with their younger participant.

-Please turn off/silence all devices before the class starts.

(see other side)

-Inform the instructor of health concerns you may have and be sure to read and sign the waiver prior participating in your first class at the studio. Private lessons are available upon request.

- If the poses cause visible signs of pain, the instructor reserves the right to ask you to discontinue practicing. We are not medical professionals and will not advise or promise relief in serious cases, especially involving the spine.

-You have the right to skip poses and/or modify poses to your ability. You may also refuse physical assists from instructors at any time. No hard feelings, we respect you!

-Advanced/Experienced friends, please stick with the plan being offered during class and avoid “doing your own thing”. Modifying basic poses to be more challenging is fine, but dangerous attempts or practicing different styles than what the class is can be distracting. Other students may be new and going against the flow is confusing for everyone in the room.

-Please do not leave early! Know the start and end time of each class and plan accordingly. If you consistently leave early, you will be asked not to return.

- we know some of you are on-call, please let the instructor know before class starts, set up your mat in the back of the room and if you should get the call to leave, exit quietly and quickly with as little distraction as possible.

-Please pay for your pass/class at time of participation and honor all expiration dates on passes. Every pass has an expiration date. A full list of passes, policies and more can be found on our website: [wildsoulyogastudio.com](http://wildsoulyogastudio.com). Like any other service, product or contract please respect your obligation and help us continue this peaceful exchange.

- Special events and workshops have a strict refund policy. No shows are never refunded or offered a credit. It is up to you to remember what you have registered for. This policy is stated online during the checkout process.
- If you buy a pass to a special event in person, please be aware you will only be credited or refunded if you cancel via email prior (in some cases 24 hours or more) to the start of the event.

-If you only attend our FREE community class, please know this is a privilege we are honored to offer but we ask for your respect for the practice, the studio, other participants and the hard work from staff to make this happen. Donations are expected in cash for non-passholders and help us to offset costs and facility use.

We want to hear from you too!!! If you have an experience you want to share, please email Elisa at [elisa@wildsoulyogastudio.com](mailto:elisa@wildsoulyogastudio.com). Thank you for your consideration and for being a part of this wonderful community.

\*Most policies including expirations dates, etiquette expectations and other information have been posted on our website since we opened in 2014. None of this is new with the exception of a few suggestions based on necessity. We are smaller than what even qualifies as a small business, every affront is literally a concern to our efforts to keep our prices standard and the doors open along with all of our free offerings and community engagement we offer. You help us help others, let's keep up the good work.

Thank You for Your Cooperation, we look forward to serving you.