



# Sangha Chi Yoga Healing Centre

*Strength & Calm with a Joyful twist!*

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## Student Guidelines

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- Wear comfortable clothing.
- Please arrive 10 to 15 minutes before class begins. This gives you the opportunity to settle in, stretch, meditate, etc.
- Please remove your shoes and bring personal belongings into the studio.
- Please refrain from wearing any perfume due to product sensitivities.
  - Please bring water bottles only into the studio, no other drinks.
  - Please be sure to sign in or register every time you arrive.
  - Please turn off all cell phones when entering the studio.
- You are encouraged to purchase your own yoga mat for hygienic reasons. You are welcome to use one of ours in the beginning.
  - Love and respect yourself, enjoy where you're at, and treat your fellow yogis and yoginis in the same manner. Keep in mind Yoga is not a competitive practice.
  - Have fun and enjoy the many benefits from your yoga practice.
  - Do not eat at least 1 hour prior to class, practice should be on an empty stomach.
  - Please be sure to inform your teacher of any injuries before the class begins.
- Please do not enter or leave the classroom during meditation or savasana.

*Namaste* ☸