

# NEW TO YOGA?

**What to Wear:** Wear something comfy that's not too loose and not too tight. On the bottom, most people wear yoga pants, sweats or shorts. On top, choose t-shirts or tank tops that aren't too baggy, with an extra layer at the beginning or end of class.

**What Not to Wear:** For your comfort and that of others, please leave noisy jewelry and strong perfumes, scented oils, or colognes at home. These sensory distractions can make mindful practice difficult.

**Food and Water:** Stay hydrated to stay healthy! We have filtered water available for your use – please bring your own water bottle. If you do eat before class, choose something light.

**When Coming Late or Leaving Early:** If you're running late to class, don't stress. Come anyway. Most classes begin with a quiet centering, meditation, or breathing practice, so be courteous to your fellow students and enter quietly. If you need to leave early, try to let the teacher know before class begins, and leave **before** the final relaxation so as not to disturb your classmates.

**Injuries:** Let the teacher know if you have any acute injuries or chronic health matters that should be taken into account. Our teachers are trained and knowledgeable and can make useful suggestions tailored to your needs.

**Mats and Props:** We provide mats as a courtesy to our students. If you use one of our studio mats for your practice and you're concerned about its cleanliness, you are welcome to wipe it down before you use it with supplies provided on the prop shelves. If you are so inspired after class to do the same, we greatly appreciate it. Anyone with particular concerns about cleanliness of the mat is encouraged to bring their own.

**Honor the Space:** Remove your shoes and leave them in the cubbies up front or in the dressing rooms in back. Our no-shoe policy makes for clean floors and a pleasant practice.

**Protect Your Valuables:** Take your valuables into the room with you or secure them in your car; Sun & Moon does not assume responsibility for unattended personal items.

**Social Time:** We love and encourage the sense of community and the personal bonds that form at Sun & Moon. We also try to balance that with maintaining a quiet and peaceful environment. If you're early for class and enjoy chatting with fellow yogis, keep voices low and respectful of others who choose to quietly center. Likewise after class in the hallways, as often there is another class still in session next door.

**SILENCE YOUR DEVICE!** Even better, keep it out of sight if you can. You'll be happy you did.