



## NEW STUDENT PLEDGE

As a member of Being Yoga, I pledge to:

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### BEFORE START OF CLASS

Please allow ample time before the class to:

- ◆ Sign in for class
- ◆ Remove shoes and place on shoe shelf in the lobby
- ◆ Turn cell phone off
- ◆ Put your belongings in the locker room
- ◆ Get water and use restroom

We encourage you to bring your own mat, towel and water bottle.

If you forget any of these, they are available at the front desk for additional cost.

### DURING CLASS

- ◆ Prepare yourself to stay in the yoga room till the end of the class
- ◆ If you have to leave the room for any reason, please do so between poses
- ◆ Listen to your teacher's instructions to get maximum effect from postures
- ◆ Practice yoga poses at your own pace
- ◆ Breathe slowly through nose (not through mouth). It calms the mind and body. Try to practice it in the studio and while you are on your daily round.



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*freedom in your body and mind*

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- ◆ STAY ON YOUR MAT until a few minutes after the class for Savasana or Meditation
- ◆ There should be no conversations during the class and Savasana or Meditation
- ◆ Leave the yoga room as neat & tidy as you found it.

#### LATE POLICY

We have 5 minutes pardon policy. If you are late, please enter quietly and mindfully in between poses. After 5 minutes, NO LATE entries are allowed.

