

THE
CENTERED
PLACE
Yoga Classes
Yoga Therapy
Embodiment™

The heart
of yoga
in central
Massachusetts

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Yoga class guidelines

Our studio is fully equipped with everything you need. You do not need to bring sticky mats or other equipment – just yourself! Here are some suggestions to help you get more from your yoga class:

Be on time—Arriving on time, or (even better) a few minutes early enhances your class experience. Arriving late diminishes it. Our classes begin and end with a guided relaxation that requires quiet. If you must come a few minutes late, enter very quietly and walk lightly.

Eating—It's hard to do yoga on a full stomach. We recommend practicing on an empty stomach. If possible, allow two hours between your meal and the start of class. If you must eat closer to class time, eat a light, nutritious, easily-digested snack. By the way, we provide healthy refreshments for you to enjoy after class.

Dress—Wear loose fitting clothes that are comfortable. We recommend not wearing jeans or belts: they can restrict movement. If you wear shorts, we suggest biking-style shorts. Some students wear sweats. To maintain cleanliness, shoes are not allowed in the studio. Leave them in our mudroom prior to entering class.

Perfume—Please refrain from using fragrance of any kind, including scented lotions, hairspray, and aftershave products. They can trigger asthma attacks and cause allergic reactions in other students and teachers.

Pets & pet hair—Some students are allergic to pets, especially pet hair. We have cats, but they are not allowed in the studio. They might greet you outside. If you pick them up before coming into class, their hair will enter with you. Be aware if your clothes have your own pet's hair.

Jewelry—Heavy bracelets can interfere with your practice and can impair the teacher's ability to adjust you in a posture. You can remove any large pieces of jewelry prior to class and keep them with you.

Drugs & alcohol—Please refrain from using nontherapeutic drugs or alcohol while attending classes. If you have a medical condition that requires the use of an inhaler, glucose tabs, or nitroglycerin, please be sure to bring these with you and remind the teacher at your first class.

Smoking—Refrain from smoking immediately prior to class, as the odor lingers and can disturb others.

Pagers & cell phones—Turn off your cell phones or pagers before entering class.

Water bottles—It is not necessary to bring a water bottle into the studio. This is not an aerobics class. We have filtered water available in the studio. The best time to hydrate yourself is before or after class.

Parking—Please look at the parking diagram you received in your welcome packet or that's available on our web site. Make sure you pull all the way forward – in the long driveway or front driveway, and on the grass next to the street. If your car is blocking another student who might need to leave promptly after class, and you want to stay to talk with us or do other yoga business, first move your car then return.

We find that observing these suggestions creates an environment of mutual respect and safety and creates a nurturing atmosphere where everyone can enjoy classes in comfort. Thank you!