



# yoga me fit

INTEGRATING RADIANT HEALTH

## CLASS ETIQUETTE

- ◆ Please arrive ten minutes before class.
- ◆ Remove shoes upon entering.
- ◆ Be respectful of other students and the quiet atmosphere.
- ◆ Please do not wear heavy perfumes or scented lotions to class.
- ◆ Please sign in at every class.
- ◆ Please refrain from eating 2 hours prior to class.
- ◆ Please inform your instructor if you have any injuries or health concerns or if you are pregnant.
- ◆ Please turn off your cell phones and pagers during class.
- ◆ Wear comfortable, clean clothing, that will allow freedom of movement but will hug the body.
- ◆ Please take all refuse (water bottles, tissues, etc.) with you and wipe your sweat off the floor.