

Studio Etiquette

At Moksha Yoga Scarborough, we strive to create a welcoming and peaceful environment. There are a few courtesies we ask you to respect in order to make everyone's experience as enjoyable as possible.

- ❖ Please observe silence in the practice room at all times. This is strictly enforced. The practice room offers a chance to find solitude and get a refreshing break from the noise we experience throughout the day.
- ❖ **No Cell phones.**
- ❖ All bags, purses and personal items are to be left in the change rooms.
- ❖ Scented products (perfumes, cologne etc.) may not be used at the studio. If possible, try not to wear heavily scented products while doing hot yoga as the heat intensifies the scent.
- ❖ Do your best to remain in the practice room for the duration of the class. Exiting the room early changes the energy in the room, may distract others and does not allow you to get the maximum benefits of your practice.
- ❖ Once **the teacher enters the room**, class has begun and **no latecomers will be permitted.**

Please adhere to this guide in order to honour and respect our sacred space.