



heartwood yoga & body-centered therapies

In Consideration of Everyone's Health, Safety, and Comfort...

Settling in Before Class

Please try to arrive for class 5-10 minutes before the scheduled class start time so you can get settled and begin to transition from driving here to being here physically and mentally. Please leave shoes, purses, totes, and clothing items you will not need for practice in the yoga reception area. This leaves more space for practice. Please make water your only beverage in the classroom. It is fine to talk with others (nice even!), but please talk with folks close by or choose to visit them on their mat. Talk softly realizing others in the space might want that same time for inner reflection and some undisturbed centering.

Cell Phones, Beepers and all else that makes noise...

Please turn off all electronic devices before entering the yoga space. We know there are times when each of us feels the need to stay in touch with someone outside of a yoga classroom. We are also acutely aware that most folks come to yoga classes to disconnect, to literally take a breather from all of that. If it is vital for you to be in touch we ask that you skip class that day and come at a time when you can turn your communication connections off and return your attention to yourself.

Informing the Teacher about your Health

Please do let us know if you have health issues that might affect your practice or make you vulnerable to injury. We want to be attentive and adapt our instruction to the needs of our students and to do this we need you to take responsibility for letting us know about your health. If you have a chronic condition, update your instructor about any changes or lack of changes *each week*. If you have a new condition or an injury, please take a moment or two before class, or during "check in" the first few minutes of class, to let your instructor know what's going on. If you drop-in and are working with an instructor other than your primary instructor please talk to them briefly about health issues. This is very important. Yoga is a wonderful system of health-promoting practices. But, like all powerful medicines, it can be harmful if used inappropriately.

Arriving Late

If despite best-laid plans, you find yourself running late, consider the following. If you're attending a morning class, enrollment is smaller and disruption to others is less of an issue. Just come in quietly. If you've missed the first 15 minutes of class, warm up before joining the group practice. If you're running more than 30 minutes late, for your safety (and economy!), we suggest you miss the class and make it up at a more opportune time within your series. *Please call to be sure space is available.*

If you are attending an evening class, please arrive no more than 15 minutes late. These classes are often full and late arrivals disrupt others. Some evening classes are also physically stronger, and it's not good for your body to join the practice mid-sequence. Please feel free to make up your class by calling to see if space is available in another class on the schedule that would suit you.

Leaving Early

This is rarely a problem, but please do let your instructor know before class when you plan to leave. That way we won't worry about your well-being, and we can do our best to help you leave at an opportune time in the sequence. When you do depart early please just leave heartwood props so as not to disturb others. We'll happily put them away for you.

Your Yoga Card

If you have signed up for a series, you have a yoga card filed under the class for which you registered. The file box is on the desk in the yoga reception area. Please find your card and place it by the instructor's mat before class. You might periodically note the expiration date on your card so that you know how many classes remain in your series and how long you have to make up any missed classes. When your card expires, you may re-register by placing a check for a new series by your teacher's mat along with your card. Your instructor will also try to remind you when your card is about to expire but we ask you to check periodically and keep your enrollment up to date. Please note: Class cards are valid for individual use only and cannot be shared with others.

Making up Missed Classes

Your yoga card expires in 6, 10 or 25 weeks from the date of your first class. We do adjust the duration of cards whenever we need to cancel a class. You are welcome to make up any missed classes by attending other appropriate classes on the yoga schedule (provided space is available) prior to the expiration date on your card. Please call or email to be sure there is space in the class you would like to attend. Feel free to make up classes either before or after an anticipated absence.

Yoga mats and props

We provide all of the yoga props you'll routinely need for practice. While we wash our mats and blankets regularly, the fact is they encounter more feet than just yours! For reasons of sanitation we recommend you eventually purchase a yoga mat for your home practice and that you use that mat here at heartwood as well. To minimize soiling the carpet in the yoga space we ask that you not wear shoes in the classroom. Please do wear shoes (or socks) down the hall to the restrooms and, again, remove them before re-entering the yoga room. We know this is an inconvenience, but if you think about why you're doing it, you'll be glad everyone does. It keeps props cleaner for everyone's use. If you feel a mat or blanket is not clean, either before or after your use, please just leave it up by the instructor's mat and we'll be sure to wash it before returning it to the prop shelves.

Fragrances

Yoga practice includes a focus on breathing. Many people are sensitive to fragrances. The strength of any scent is heightened when a number of people occupy a space, as a result of the heat generated during practice, and with the re-distribution of air related to heating and cooling the space. Please refrain from applying fragrances or using products with strong scents before coming to class. If you smoke, please also refrain from smoking just prior to entering the yoga room.