POLICIES

1. **CLASS SIGN-UPS:** Signing up for class ahead of time is available on our website to secure a space. Please plan to arrive to classes 5- 10 minutes ahead of time to secure a space.
2. **CLASSES START ON TIME:** Doors open 15 minute before class starts. Please arrive 5-10 minutes early to check in, find a spot, and connect with others. New students should arrive 10-15 minutes early to check in, sign a waiver and to chat with your instructor. We respect your time and presence, so we aim to start and end class on time!
3. **PAYMENT POLICY:** Payment for classes need to be provided prior to the start of class. Please plan to pay for classes on our website prior to the start of class. there will be no refunds or exchanges on class card purchases.  Unlimited Monthly plans expire as per the set term. There will be no refunds or exchanges for unused classes with monthly memberships.
4. **CELL PHONE FREE ZONE:** There is a space inside the studio for your shoes, bags and phones near the entrance. Please silence phones to prevent distractions during class. If you need your cellphone for any reason, please let a teacher know.
5. **LEAVE SHOES AT THE DOOR:** Please remove your shoes at the door to keep our studio flooring clean.

FREQUENTLY ASKED QUESTIONS (FAQ)

1. **I’M NEW TO YOGA- WHERE SHOULD I START?** We encourage new students to talk with the instructor before class, especially if you have special circumstances (i.e. pregnancy, postpartum, disability, prior injury). If your doctor has cleared you for exercise/yoga, your instructor can help you determine how and what to modify. Remember that it is YOUR practice, and you can modify as YOU need. If you need additional accommodations or have further questions, please contact us.
2. **CAN I DO YOGA?** YES! Yoga is for everybody!! Yoga is about uniting the mind and body, linking breathe with movement. The ability to touch your toes is not a prerequisite for our classes. If you can move and breathe- you can do yoga!
3. **IS THE STUDIO HEATED?** Our studio is comfortably warm (we try to keep it around 75 degrees) but not hot. The studio floor is heated.
4. **WHAT SHOULD I WEAR?** Whatever makes you feel comfortable. Leggings, athletic pants, shorts, tank top, t-shirt, sports bra— anything you can move, stretch, wiggle, and sit comfortably in.
5. **WHAT SHOULD I BRING?** Bring yourself, a mat, a towel, and water.
6. **HOW DO THE VIRTUAL PUNCHCARDS WORK?** The instructor will check students in and keep a record of punches left. You will automatically receive an email when you have used half of your punch cards and another email when you are out. The email will include all the days/times you attended yoga. Please feel free to check in at anytime if you are curious how many are left!