



## SACRED SPACE

*a guide to Shala etiquette*

1. Be kind
2. Be on time
3. Remove your shoes before entering
4. Phones on silent (please)
5. Plan to stay the whole class. If you have to leave early, please inform your instructor before class begins.
6. Be compassionate and don't judge. Yoga often helps us to release pain and discomfort in the body, mind or spirit. The body might release these toxins and emotions in many different ways which can include passing gas or crying.
7. Let your instructor know about any physical issues.
8. Respect your limits, don't be afraid to ask for adjustment advice if your body needs to move in a different way

The Shala is place where a lot of people are dealing with a lot of different emotions. Be aware of your presence and how you interact with other people.

Above all

*"Love thy neighbour"*