



Sandpoint Hot Yoga Studio Guidelines

To ensure everyone receives a safe & pleasant experience in our space

FRAGRANCE FREE

Some are very sensitive to artificial scents to the point of illness...this can be exacerbated in a warm environment. For the well-being of all, please refrain from coming to class with perfume, cologne, or artificially scented laundry, fabric softeners, dryer sheets, etc.

CELL PHONES

Please honor the sacred space of the studio. Please turn off or silence your cell phones when you enter the studio and refrain from talking on the phone once you enter (no phones in the practice room please.) If you need to answer your phone or make a call, please kindly step outside the studio.

MIRRORS / INVERSIONS

We encourage you to use the room before and/or after class for your personal practice, meditation, etc. Out of respect for the space and our yoga tradition (as well as liability and safety), please refrain from touching the mirrors. For that reason, we kindly ask that if you are going to be practicing inversions, please set up in the back row. We ask that you DO NOT practice inversions in the front row facing the mirrors.

TIMELINESS

Please be in the yoga room ready for class at the start of class time.

If you have any questions or suggestions to enhance your experience, please ask us!