Respect others and how to

Rule of etiquette
Here is how to behave in a yoga class if your new at it. This page is also available in French

If you've been to a yoga class in the past, at a yoga studio, in fact, this class is going to be about the same.

If you feel you may be too stiff, not fit, or whatever you may have preconceived about yourself: This class is for you. If you persist in the path of yoga, you will meet teachers in all shapes and sizes.

Let's be typical

- Please arrive on time. To be late disturbs the mood the teacher is creating. If that is the case, please be quiet and try not making noise with your mat when you unfold it.
- Wear appropriate gear: Loose clothing's good, a neck t-shirt, etc
- Bring a bottle of water
- Group yoga classes are just that: A group activity. Please follow the teacher's routing. Your effort level is personal and not recommended if you break the class's rythm and improvise by yourself
- Keep your voice tone low
- Unless you have a preliminary arragement, no cell phones or pager are allowed
- Be respectful of your space and the one beside you
- Please do not wear strong perfume as some people may be sensitive to it

Enjour your class