

Practice Space Etiquette

- ॐ No late entry.
- ॐ Remove and leave shoes before entering.
- ॐ No cell phones or electronics please!
- ॐ Observe silence and leave stress at the door.
- ॐ Unroll mat and get props quietly.
- ॐ Share and make room when needed.
- ॐ Work within your comfort zone.
- ॐ No competing or comparing with anyone, at any time.
- ॐ If you are tired, rest.
- ॐ Do not leave early.
- ॐ Be considerate when exiting. Others may be meditating.

- Om Shanti