



The Yoga Barn

An Epicenter for Self-Discovery & Transformation.

*It's the role of team on the ground to uplift the hearts of our global guests and maintain a **safe space** for students to experience their own personal shift – guiding them to heal, adjust old paradigms and reorient modern lifestyles on more spiritual and sustainable paths, as they see fit.*

STUDIO GUIDELINES & ETIQUETTE

1. NO CAMERAS or CELLPHONES IN CLASS

Please turn off your phones, at minimum please silence them.

2. NO PHOTOS or VIDEOS ALLOWED

From cell phone or camera (exceptions made at the discretion of the teacher).

3. CONSENT TO TOUCH / ADJUSTMENTS

Please use the 2-sided consent cards to indicate whether or not you consent to touch/adjustment or inform your teacher.

4. BE ON TIME

Registration opens 30 minutes before the class; space is first-come, first-served.

Our reception team will announce when guests can enter the studio.

Class entrance closes 10 minutes after the scheduled start time.

Exceptions may apply.

5. FOR DAILY CLASSES, CHILDREN UNDER THE AGE OF 10 ARE NOT PERMITTED TO JOIN CLASSES.

There are NO EXCEPTIONS to this rule. Children ages 10-15 must be accompanied by a parent/guardian or sibling that is over 18.

6. ANY INJURIES?

Please let the teacher know if you have injuries or it's your first time.

7. RESPECT THE TEACHER & YOUR NEIGHBOR

Please make room, some people might come in late.

8. REDUCE THE CLUTTER & OBSERVE SILENCE

Put bags either in the back of the room or in the cabinets.

9. EXITING EARLY?

Anyone who wants to leave early, please do so quietly before Savasana.

