

Studio Etiquette Tips:

- Make it part of your practice to arrive early. Arriving early will allow you to be relaxed, prepared and sign in. We know life happens and situations occur, however, arriving late to a class/ session can be disruptive to others i.e., interrupts the flow of class; you don't get the full benefits.
 - If you are late, prepare yourself at the door before entering, enter quietly, warm up, be respectful of the instructor leading class and join in.
- Remove your shoes before entering. Help us keep the studio clean.
- Please turn off cell phones (**all the way off as we can still hear and feel vibrations**) before entering the studio.
- Read class descriptions and take the class that's appropriate for your level of experience because you'll enjoy it more and maximize the benefits.
- Practice good hygiene. Keeping your gear fresh and clean is appreciated.
- Wipe up your liquid energy (aka sweat) and pick up and neatly put away your props.
- Speak in hushed tones before and after class. Be mindful of the volume of your conversations
- Tell your teacher about any injuries or health conditions so that they can suggest modifications to help you enjoy your experience
- Enjoy yourself and have fun with your practice.
- Don't intrude on the class before you. Be respectful. Don't hold prolonged conversations within hearing distance of the class.
- Don't use class time as chat time. During class it's a good idea to review whether or not what you want to say is timely and relevant. If you tend to blurt out whatever pops in your head, try to take a look at why. Sometimes talking is a way to escape the moment.
- Ask appropriate questions. Some can wait until after class and some may be asked when the moment triggers a question that's been lingering. Respect the flow of class and others but get your question answered.
- Wear clothing that isn't too loose or too tight. Something comfortable that allows the instructor to see the line of your body.
- Find out how you should leave the apparatus. Put back what you get from the place that you get it. Wipe down the apparatus that you've used and return the equipment to a "starting" set up. Ask for guidance on what protocol is.
- Don't be afraid. Studio employees and clients are welcoming and all kinds of people take advantage of the movement benefits of Mind Body Balance for different reasons.
- Be respectful of your instructor. They typically have a limited amount of time (to take notes on the class/ session, use the restroom, grab some water, etc.) before meeting the next class/ client. They love to spend time with you but keep your questions/ stories to the point and if you'd like to spend extra time with them schedule a thirty minute consultation appointment with them.