



First Time Checklist

- **SIGN IN** at the desk before you enter change rooms
- You will need a **YOGA MAT, TOWEL,** and **WATER**
- No **CELL PHONES** or pagers anywhere in the studio
- Be **SCENT FREE**, no perfumes, colognes & other scented products
 - Leave **BAGS** & personal items in the change rooms
 - Allow us to **CLEAN THE STUDIO** before entering
 - Observe **SILENCE** in the practice room at all times
- Try to **REMAIN IN THE PRACTICE** room for the whole class...if you must leave, exit and re-enter quietly during a resting pose
 - Out of respect for teachers and fellow students, **NO LATECOMERS** will be permitted
- Moksha Yoga Ottawa is not responsible for any lost or **STOLEN ITEMS** on our property. Thank you for your understanding
 - Relax, **BREATHE DEEPLY** and have a great class

calm mind. fit body. inspired life.