



Pura Vida Fitness and Spa's Etiquette Guidelines

Yoga Studio

Please note the following studio protocols were created with the intention of providing you with an ideal experience. We sincerely appreciate your anticipated cooperation.

Please arrive early to all classes to provide adequate preparation for your practice and avoid disrupting fellow participants.

Please bring your own mat. We encourage you to continue your practice outside of the studio.

Water bottles are encouraged-other beverages and food are not permitted.

Refrain from wearing perfumes and/or heavy cologne.

Alert the instructor if this your first "Yoga" experience. They can assist you with any necessary modifications. Inform instructor of any injuries or limitations prior to the start of class. Own your personal experience. Modify your workout as needed and appropriate for you.

Reserving a mat and/or location for other participants is not permitted. The studio is available to all participants on a first come, first serve basis.

If you cannot complete the class, please alert the instructor before the beginning of class and stay near the rear or nearest exit of the studio. We do request that you leave before the final Savasana to avoid disrupting fellow participants' experience.

Do not attend class under the influence of drugs/alcohol.

Be respectful to fellow class participants and instructors, Conversation must be kept to a minimum.

Replace all accessories to the designated locations at the completion of class and please alert the instructor to any damaged accessories.

Provide feedback-we welcome and consciously consider any and all input. Please assist us in creating and ideal experience for you.

Have fun, explore, learn and enjoy the class.