



New student guidelines to enhance your yoga experience

- Make yourself at ease. You are an important person and you will be respected. Good Life fosters a community of like-hearted, wonderful people who choose to practice living well.
- Enjoy yourself, be patient with yourself and honor your own limitations and celebrate your triumphs.
- Support one another on the path. There is no competition.
- Please leave your shoes, coats, handbags, etc. in the entryway. Turn off your cell phone. Closed water bottles are allowed in the studio.
- Arrive at least 5 – 10 minutes early to class. You will want time to set out your mat, chat with your friends or have a cup of tea. If you do arrive late, please come in quietly and roll out your mat after the short, opening meditation.
- Leaving early is discouraged; however, if this is unavoidable, please let your teacher know ahead of time.
- Try not to eat heavily 90 minutes prior to class. Avoid wearing heavy scents such as perfume or lotions.
- Wear comfortable clothing for bending and minor inversions. You don't have to be fancy with any 'yoga' clothes. We are informal and enjoy just being ourselves, comfortably.
- If you sweat a lot, bring a towel and clean the mat with the spray bottle and paper towels located by the props.
- Personal mats and eye pillows can be purchased at the studio.
- Tell the teacher immediately if you experience pain. Most pain can be alleviated with correct alignment.
- Tell your teacher if there has been a change in your physical, mental or emotional status. At Good Life we endeavor to manage these changes as best we can and celebrate the many unexpected blessings they bring.