

STUDIO ETIQUETTE CHECKLIST

21 things to tick · more at yogaphilippines.com/guides/your-first-yoga-class/

BOOKING AND ARRIVING

- ☐ Book ahead if the studio uses a booking app or website; popular classes fill up.
- ☐ Cancel inside the studio's window if you cannot come, so someone on the waitlist can join.
- ☐ Arrive a few minutes early. If you are late, come in quietly, and ask whether you can still join.

IN THE ROOM

- ☐ Shoes off where the studio asks, usually before the practice room.
- ☐ Phone on silent and out of the room or in your bag.
- ☐ Keep your voice low once others are lying down or settling.
- ☐ Leave space between mats, and make room when someone arrives late.
- ☐ Keep bags and bottles in the cubbies or lockers, not on the floor between mats.

DURING CLASS

- ☐ Follow the teacher's cues, and take an easier version whenever you need it.
- ☐ If you do not want hands-on adjustments, tell the teacher before class or use the studio's consent card.
- ☐ If you need to leave early, tell the teacher at the start and go before the final rest.
- ☐ Stay for Savasana otherwise; leaving during it disturbs everyone else's rest.

HYGIENE

- ☐ Bring a clean mat, or wipe the studio's mat before and after use.
- ☐ Put a towel on your mat if you sweat, especially in heated classes.
- ☐ Skip strong perfume or scented oils in shared rooms.

AFTER CLASS

- ☐ Put props back neatly: blocks stacked, straps rolled, blankets folded.
- ☐ Wipe down and roll up any studio mat you used.
- ☐ Thank the teacher, and give feedback if the studio asks for it.

IN A HEATED CLASS

- ☐ Bring a large towel and more water than you think.
- ☐ Lie down or step out if you feel dizzy or unwell, and tell the teacher.
- ☐ Keep the door closed unless the teacher opens it.