



Class Etiquette

Effective Date: March 1, 2025

At Columbia Flow, we strive to maintain a safe and inclusive space for all. Please follow these class etiquette guidelines to ensure a positive experience for everyone.

Before Class:

- **Arrive Early:** Please arrive 10-15 minutes before class starts to allow time to sign in, and set up your mat and props to settle in before the class begins
- **Shoes:** The studios are a barefoot space, please remove shoes before entering
- **Cellphones:** Turn off your phone or leave it in your locker to avoid disruptions during class.
- **Personal Hygiene:** Practice good hygiene by showering and using a clean mat and towel.
- **Communicate Restrictions:** Let your teacher know about any injuries, conditions (such as pregnancy), or limitations that might affect your practice.
- **Use the Restroom:** If you need to use the restroom, do so before class begins.
- **Enter and Exit Quietly:** Enter and exit the room with courtesy. Being mindful of the space and someone potentially on the other side of the door.

During Class:

- **Respect the Space:** Be mindful of your surroundings and avoid taking up too much space.
- **Minimize Talking:** Keep conversations to a minimum, especially during the practice itself.
- **Listen to the Teacher:** Pay attention to the teacher's cues and instructions.
- **Modify as Needed:** Listen to your body, and modify your poses/exercises as needed.
- **Don't Try to Impress:** Focus on your own practice and avoid comparing yourself to others.
- **Respect Others:** Be mindful of your fellow practitioners and their space.
- **Don't Chew Gum:** It's distracting and can be unsafe.
- **Be Considerate:** Avoid adjusting lights, fans, windows, or the thermostat
- **Ask Questions:** If you have a question, quietly raise your hand or flag the teacher down.
- **Savasana/Cool Down:** Savasana is an important part of the practice, so try to stay for the entire class.

After Class:

- **Exit Quietly:** Leave the room courteously and be mindful for others potentially on the other side of the door.
- **Clean Up:** Wipe down any borrowed mats or props.
- **Use Props Wisely:** If you use props return them to where you found them.