

BIKRAM YOGA CLEVELAND

ETIQUETTE & POLICIES

In order to maintain harmony and preserve the environment, we ask that you read and abide by the following studio policies:

BEFORE CLASS:

Studio doors will be unlocked one half hour before class & will be locked one half hour after class.

Arrive at least 10 minutes before class begins. Arriving early ensures a stress-free and relaxed beginning to your Bikram Yoga practice & is respectful to your practice & your fellow yogis.

New Students must arrive at least 15 minutes before class to allow enough time for registration and orientation – if you are late and there is not enough time for the above, you will not be admitted to class.

Always sign in upon entering the studio. Please print legibly when signing in.

Let your teachers know of any recent injuries, surgeries, or medical conditions.

Class starts on time. Once the doors have been locked and class has begun, no students will be admitted - to avoid disrupting the class.

Please be in the yoga room, set up & ready to begin at the class start time and before the teacher enters the room. Each posture prepares you for the next and it is important that you approach your yoga practice safely and effectively.

No shoes, socks, cell phones, keys, bags or purses in the yoga room. No Exceptions. All you need in the yoga room is your mat, towel and water.

Your personal belongings will be secure in the lockers, but please refrain from bringing valuables.

Please be silent when you enter the yoga room. Many students use the time before and after class for quiet meditation. Ask questions before or after class, but not during class.

Refrain from wearing perfume, cologne or strong scents of any kind.

Turn off cell phones and leave them in locker room or lobby cubbies.

DURING CLASS

All students must use a yoga mat with a bath-sized towel on top of it.

Please practice silence in the yoga room at all times.

When finding a spot in the studio, please do so quietly. Put your mat on the line, 1/2 of the way over the line while being considerate of those around you. Please do not block another person's view of the mirror. In a full classroom you just need to see a portion of yourself in the mirror. Adjust your mat as needed to accommodate others.

Do your best to stay in the room once class begins. If you need to take a break, feel dizzy or nauseous, stay in the room and just sit down & take a break. If you have a real emergency—please let the teacher know why you are leaving and then re-enter the room between postures.

An official water break will be given after Eagle Pose, after this, only drink water in between the postures & not while others are in a posture.

Help keep our practice space clean. Keep your sweat and body over your mat and towel as much as possible during class.

Practice stillness between the postures.

Focus on yourself in the front mirror.

No gum in the yoga room.

Please keep your body and feet clean when attending class.

Please adhere to the Bikram Yoga series while taking class. If you believe you are unable to do a posture the way it is intended, please see an instructor before creating your own form of modification.

When you leave class after final Savasana, please do so as quietly as you can, mindful of the other students still in Savasana.

Please pick up all items after class: rings, tissues, water bottles, mat, towel, etc.

Return rented mats and towels to the front desk. Place all disposable items in the recycling bin or trashcans.

Be mindful of your thoughts, words, and actions once class has finished. Class may have ended, but every moment is an opportunity to practice peace, compassion, and support.

LOCKER ROOM

Please ask for a key if you would like to use the lockers. In exchange for a locker key, we will ask you for your keys or an ID.

Please do not place your personal belongings in a locker without asking for a key.

When the locker rooms are busy, please limit your showers to 3 minutes.

Changing areas are available. However, if you choose to change in the toilet stalls - please change quickly being mindful of others who may be waiting to use the restroom.

Please maintain tidiness while using the locker rooms and clean up after yourself as you use the showers, toilets and sinks.
Ladies please take care of feminine hygiene in the toilet stalls only.

LOST AND FOUND

Bikram Yoga Cleveland is not responsible for any lost or stolen items. All items found will be held in our lost and found until the end of each month then either discarded or donated to Goodwill on the 1st of every month.

If you realize after class that you have left a personal item at the yoga studio & call to have us hold the item (if we are able to locate it for you), we will hold the item at the front desk for 24hrs. After this time period, if the item/s has not been picked up, it will be deposited into the lost & found.

CLASS PACKAGES

All class packages are non-refundable.

If you are unable to complete your package you may transfer your package to another student.

You may freeze any package ONE time per year. (2-week beginner special not included).

The 2-week beginner special is only offered on your first visit, no exceptions.

RETAIL

Retail items may be returned with the original receipt, tags attached, unworn and within 30 days of purchase date.

All sale items are final sale.

WINTER MONTHS

Class cancellation due to weather will be posted on the Bikram Yoga Cleveland website www.bikramyogacle.com , & on the studio voicemail. If the weather is questionable, please check one of the above before heading out.

Please remove wet boots at the door.

No wet boots in the locker room.

PARKING

Please do not park in front of Huntington Bank.

Park in the shopping plaza parking lot behind CVS, or in the spaces next to the studio on Fairmount Boulevard.