

Welcome to **Duluth Yoga** and congratulations on taking action towards a better life!

New to **Duluth Yoga**? Welcome! Read on to make your first experience stress-free.

### **Free Week**

- All local residents start with a Free Week of class – as many classes as you want in 7 consecutive days – no strings attached
- Free Week will be assigned to you at your first arrival, so please simply arrive 20-30 minutes early to the first class you'd like to attend – and we'll take care of the rest

### **Create an Account**

- Click on “**Start Here**” on our homepage [www.DuluthYogaStudio.com](http://www.DuluthYogaStudio.com) and follow the prompts to create your account and sign the waiver

### **What to Bring**

- Yoga mat, water bottle, small towel for sweat.
- We also have mats and towels available for rent and water for sale.

### **Arriving**

- Parking is free!
  1. 6 spots along the Saint Marie St. side of the studio
  2. all spots behind the dental office
  3. all upper-level parking lot at Mt. Royal
  4. at the dental office during evenings and weekends
- Arrive at least 20 minutes prior to class to help make your experience stress-free. Chat with friends, fill up your water bottle, set up your mat, hang out by the fireplace
- If you have something you'd like to talk to the teacher about, arrive with plenty of time, as the last 5-10 minutes before class can get really busy at the desk
- Building doors are unlocked 30 minutes before and after class
- Door are locked promptly at class time – so there will be no late arrival. We believe this is best practice for the best possible experience for our clients
- Cubbies available for all your gear

### **Basic Class Etiquette**

- Please remove shoes when you arrive. This helps keep the studio clean and the floor free from debris.
- Inside the studio is a quieter space for people to de-stress. Please feel free to talk with friends, but also be respectful of others and their air space – this may depend on which kind of class you are attending. The sitting area by the fireplace is a great place to hang out and chat with friends. Please leave cell phones in your cubby.
- Please try to refrain from wearing perfume/cologne. Yoga involves a lot of breath work and we always strive to make this as accessible for everyone as possible.
- If you must leave class early, please do so quietly.
- Please feel free to use blocks/straps for any of your classes; they are there for you.
- If you used props/weights during class, please put them away in an orderly fashion.
- Mat cleaner/towel is provided for your use in the back of the studio.