

the well

a community space for
yoga & the healing arts



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Class Etiquette at The Well

The practice of yoga begins before your class starts. To create the best experience for yourself and others, please follow these guidelines:

- Arrive a few minutes before class begins. Give yourself time for a few stretches, a moment of meditation, or time to relax from the day. If you arrive just as class is beginning, enter quietly and find a place in the back of the class. Late arrivals can be disruptive and may not be accommodated.
- Come with an empty stomach. Yoga is best practiced two to three hours after a meal or at least 30 minutes after eating fruit.
- Wear clothing you can easily move in, such as shorts, footless leggings or tights.
- Tell your teacher about any injuries or special health conditions before class. This will help the teacher make suggestions to make your practice safer and more enjoyable.
- Consult your teacher if you have any difficulties or experience any discomfort during your class.
- Bring your own yoga mat to class for hygienic and energetic reasons. Several mat styles are available for purchase at The Well Shoppe to enhance your practice. Mat rentals are \$1 per use. If you perspire during class, please bring a towel. Please do not use studio blankets without a towel if you are perspiring.
- Please keep conversations low when you arrive and leave as other students may be relaxing or meditating. We want to create a space of healing, quiet, and relaxation as well as one of friendship and community.
- Turn cell phones off or leave them outside The Well. If you are on call or in an emergency situation, please speak to someone at the front desk.
- Remove your shoes before entering the yoga space to keep the floors clean and to create a sacred space for practice. Cubbies for your belongings are located to the left as you enter the yoga room
- Refrain from wearing perfumes or fragrances as some people are allergic to strong odors.

Please remember yoga at The Well is not a competition.
Listen to your body and go to your own edge, not your neighbor's.