



Yoga, Blend, Group Meditation (InnerFlow) and InnerDance Guidelines

- Option to bring blanket(s) and pillow(s) to Yoga and Group Meditation (InnerFlow) classes
- **No chewing gum please!**
- Place cell phones on silence.
- **Refrain from wearing perfume or cologne.**
- **No jingle-jangle jewelry. Remove jewelry that makes noise. Your neighbor will thank you!**
- Ask instructor for modifications
- Please bring your mats to all classes. Mats are only provided at Soul of Yoga.
- Blend accessories are provided
- Arrive early for registration.

InnerDance Guidelines in addition to the above guidelines

- **Bring towel and water to all classes.**
- **Clean shoes only . . . no debris on bottom of shoes, no black marks.**
- May dance barefoot or with shoes.