

Studio Guidelines

At alleyCat Yoga our intention is to create safe and sacred space so that the benefits of the practices of yoga can be fully realized by all.

Parking

- Designated alleyCat Yoga spaces are available
 - Columbia Credit Union designated spaces are available **after 5:00 pm and on weekends.**
 - Please DO NOT park in Global Market designated parking spots
 - Ample street parking is available
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Arrival and Sign In

- The studio opens 15 minutes prior to class
 - Please sign in on arrival in the entry area
 - Arrive early for your first class to receive studio information
 - If you are more than 5 minutes late, please come back to attend another class. Do not enter during quiet meditation. Enter quietly and set up quickly if you are late.**
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Studio Etiquette

Respect Others / Respect Sacred Space

- Remove shoes before entering the studio
 - Enter the studio quietly; respect the quiet and space of others
 - Stay for the entire class. Notify the teacher in advance if you must leave early due to special circumstances.
 - Arrive in time to set up and use the restroom before class.
 - Refrain from talking out during the class. Quietly get the teachers attention if you need help.
 - Put props away neatly
 - Wipe down studio mats before putting them away
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Cell Phone Policy

- In order to preserve sacred space, cell phones are not permitted (in use) inside the studio
- Refrain from using your cell phone in the entry area
- No cell phone on yoga mats except in special circumstances (let the teacher know)
- Ensure that your cell phone is on silent and will not ring or vibrate during class