1. **Build A Habit Of Arriving Early**
   Try to be at the studio at least 10-15 minutes before your class. You want to be settled in and ready to focus through the next hour of exercise. You don’t want to be the flustered, noisy student barging in the room while everyone has been centering and warming up. If you’re running late, please inform the studio. If you might be over 10 minutes late, consider taking the next class.

2. **Leave The Shoes Outside**
   There’s no better feeling than having the right footwear. Maximize the benefits of a good yoga practice by giving your feet the freedom to move free with stability. Glide smoothly and safely on the reformer machine without the hassle of sweaty, slippery feet by using skid-free socks. We promise it’s not only safe and helpful, but more hygienic, too.

3. **Tune In To Your Practice By Turning The World Off**
   That means leaving your phone and other gadgets outside the room, along with your worries and distractions. Nobody really enjoys the abrupt buzzing and ringing of a mobile phone right in the middle of a class. Show some love to your classmates and teacher (and yourself) by leaving your phone in your locker or keeping it on silent, at least.

4. **Move Free With The Right Clothes**
   It feels great to move free and comfortably but a wide loose neckline and a flimsy top that rides up when you move can get in the way of a good class. Go for snug but stretchy tops and pants that give you full coverage and support for your chest area as well as the comfort and freedom to move. When choosing bottoms, opt for leggings or pants made to stretch. Look out for embellishments like studs, sequins or zippers—these might just hurt you and the mat and equipment you’ll be using.

5. **Minimize The Volume**
   A sense of solidarity and community is wonderful in any studio but there’s always a time and place for catch-up and conversation. Show some respect to your fellow students and teacher by minimizing the chatter and help bring everyone in class to a nice and focused state of mind. If you’ve just ended your class or waiting in the common area, try to keep the voice volume to a minimum and show some love to those currently taking class.

6. **Eat Light Stay Hydrated**
   Try to eat something light at least two hours before class and make sure you’re hydrated. You want to come to class feeling energized but not stuffed and full from a meal. Drinking a lot of water prior to class helps you stay hydrated even before you practice and will help minimize the water bottle breaks in the middle of class.

7. **Bring Your Towel With You**
   An hour or more of moving in a yoga or pilates class makes anyone sweat, and this is a good thing. We are happy that you are happy to sweat and release all those toxins while getting your blood circulation flowing. Just have your own towel ready with you to wipe it all off. This will keep you from slipping on a sweaty mat or reformer machine, not to mention clean and fresh throughout the class.

8. **Use The Toilet Before Class**
   We do recommend hydrating before class, and we also recommend using the toilet before going in for class. There’s nothing more distracting and uncomfortable than realizing your bladder is full 20 minutes into the class. Spare yourself and your classmates the disruption and just visit the toilet before class, not during.

9. **Leave The Lotion**
   Staying moisturized is certainly your own business, but saving you from a slippery accident is ours, too. Opt for leaving the moisturizing cream and lotion off, at least before sweating out in class. The cream mixed with your sweat will only make your skin slippery against the equipment, and possibly even sting your eyes. And anyway, your skin will be happy and radiating with a post-workout glow when you step out of class.

10. **Stepping Out Of The Room**
    Stepping out of the room because you feel exhausted or even disinterested is something we discourage. Please remember that the cool-down part of any exercise is crucial for your body after an hour of heating up. Try to stay until the end of the class, and if you really need to step out, show some respect and consideration to your classmates and teacher by walking as quietly and discreetly as possible.

---

**Onelife Studio**