Thank you for practicing with us!

Our Studio Etiquette

Please arrive on time. We have a five minute late policy.

Please remove your shoes before entering the studio rooms.

If arriving late, please wait to enter until after the opening meditation.

Quietly set up your space.

Please refrain from filming and recording.

Please leave cell phones and Apple Watches on do not disturb, or off.

Place personal belongings in cubbies in or out of the studio rooms.

Enjoy your practice!