

calm mind. fit body. inspired life.



- 🔥 **SIGN IN** at the desk before you enter change rooms.
- 🔥 No **CELL PHONES** or pagers upon entering the studio.
- 🔥 Be **SCENT FREE**, no perfumes, colognes & other scented products.
- 🔥 Leave **BAGS** & personal items in the change rooms.
- 🔥 Allow us to **CLEAN THE STUDIO** before entering.
- 🔥 Observe **SILENCE** in the practice room at all times.
- 🔥 Try to **REMAIN IN THE PRACTICE** room for the duration of the class...if you must leave, exit and re-enter quietly during a resting pose.
- 🔥 **LOST & FOUND** items are placed in a large wooden box in the lobby. They remain until the last day of the month, when all contents are donated to the Salvation Army. Due to the large number of lost items, we are unable to keep lost items behind the desk.
- 🔥 Moksha Yoga Winnipeg is not responsible for any lost or **STOLEN ITEMS** on our property. Thank you for your understanding.
- 🔥 Relax, **BREATHE DEEPLY** and have a great class.