

Welcome to Sedona Star Holistic Spa! In order to create a peaceful, respectful, and enjoyable environment for all participants, we have established the following policies and procedures. We kindly ask all students to adhere to these guidelines during their time at our studio.

Behavior and Conduct:

1. **Respectful Behavior:** Treat all fellow students, instructors, and staff with kindness, respect, and consideration. We encourage a positive and inclusive atmosphere where everyone feels valued.
2. **Quiet Space:** During sessions, please maintain a calm and quiet atmosphere within the studio space. Avoid loud conversations or disruptive behavior that could disturb others' practice or meditation.
3. **Electronic Devices:** Turn off or set your electronic devices to silent mode before entering the studio to prevent disruptions. Refrain from using phones or other devices during classes.
4. **Timeliness:** Arrive at least 10 minutes before the class starts to settle in, prepare, and avoid interrupting ongoing sessions. If you arrive late, please enter the studio quietly and set up your mat with minimal disruption.
5. **Personal Belongings:** Store personal belongings in designated areas, and refrain from bringing valuables into the studio. We are not responsible for lost or stolen items.
6. **Personal Hygiene:** Prioritize personal hygiene by wearing clean clothing and refraining from using strong scents, perfumes, or colognes that could affect others' experience.

Hygiene:

1. **Cleanliness:** We strive to maintain a clean studio environment. Please help us by cleaning your mat and props after use. Sanitizing wipes are provided for your convenience.
2. **Footwear:** During classes, please remove your shoes upon entering the studio and place them in designated areas.
3. **Personal Health:** If you are feeling unwell, experiencing symptoms of illness, or have recently been in contact with someone who is sick, please refrain from attending classes to protect the health of our community.

Conduct During Classes:

1. Listening to Instructors: Follow the instructions of the instructor during class to ensure your safety and maximize the benefits of the practice.
2. Mindful Practice: Maintain mindfulness and focus throughout the class. Avoid unnecessary conversations and distractions.
3. Modifications and Rest: Listen to your body and practice at your own pace. If you need to rest or modify a pose, feel free to do so. Never push yourself beyond your comfort zone.
4. Leaving Early: If you need to leave a class early, inform the instructor before the class starts, and choose a spot near the exit to minimize disruptions.
5. Silence during Savasana: Maintain silence and stillness during Savasana (final relaxation). This allows everyone to fully immerse themselves in the experience.

Non-Discrimination Policy:

We are committed to providing an inclusive and welcoming environment for people of all backgrounds, races, genders, orientations, and abilities. Discrimination, harassment, or any form of disrespectful behavior will not be tolerated.

By attending classes at Sedona Star Holistic Spa, you agree to abide by these policies and procedures. We appreciate your cooperation in creating a harmonious and positive yoga community. If you have any questions or concerns, please don't hesitate to reach out to our staff.

Enjoy your session!