

Did you know...

BALANCE HAS TWO SIDES



The Check In Side . . .

- We love Community! Join us on the CHECK IN side for laughter, giggles, questions, calls, and catching up with friends.
- We have locker rooms, infrared sauna, Peloton, fitness and fun.
- Please check in at the front desk when you arrive.

The Services Side . . .

- Yoga students may enter the Main Studio2/Massage area no more than 10 minutes early to set up your mat/props/etc.
- Shoes can be kept in the lobby areas outside the yoga room.
- Please be quiet when entering the Main Studio2/Massage area as massages/privates may be going on.
- Quiet in the studio space upon entry as some students are grounding and preparing for practice.
- Don't forget to SILENCE your cell phones.
- Try to be on time for class. We get it, sometimes that doesn't work – so if running late, enter quietly as other students will already be in opening meditation.
- Please return props to their proper place in the prop room.



We look forward to seeing you!