

Pilates 1901
#1901WednesdayMantra

Mindful Stretch and Meditation Etiquette

Please embrace as a form of respect to your self and other meditator.

- Be Early - Please arrive 10 - 15 minutes. We respect our time and the time of others. Late arrivals can be disruptive to others. We will start our Mindful Moving 5 minutes after the time allowing folks to walk in and settle.
- Quiet Please - Please refrain from speaking once you enter our meditation space. It helps you clear your mind, shade the stresses of the day and puts you in a quiet state of mind. Once session are over, you are most welcome to stay, ask questions, meet and greet your follow meditator or Sherpa.
- Shoes - Please remove shoes and place them at our cubbies.
- Mindful Moving - Each session will begin with 20 minutes of mindful movement. Wear something comfortable, much like you would for a yoga or pilates class. We want you to be comfortable.
- No Cell Phones inside the studio