



## **AERIAL YOGA GUIDELINES**

**FOR YOUR SAFETY AND TO MAINTAIN THE INTEGRITY OF THE SILKS PLEASE FOLLOW THE INSTRUCTIONS BELOW:**

- 1. Remove ALL jewelry, rings, and piercings. (Feel free to bring your valuables into the studio within eye sight, if you are not able to remove a ring or piercing, please wrap it thoroughly with the tape provided)**
- 2. NO body oils or perfumes**
- 3. NO hair clips, please use hair bands ONLY**
- 4. Keep nails filed and smooth**
- 5. Wear unscented deodorant**

**We have limited capacity, so we request a 24 hour cancellation notice prior to the start time of aerial yoga classes to be respectful to other students that would like to attend. You MUST reserve your class reservation before coming to class. Please arrive 15 min. early. Students arriving after the class has started may risk losing their reservation. Thank you for your kind understanding.**

**~Namaste**