

Sound Meditation: The Transformative Power of Living Gently

Class Etiquette

To ensure a serene and enjoyable session for everyone, please take a moment to review our class space etiquette:

- Comfort is key when participating in a sound meditation. The more comfortable you are, the more you will be able to relax and allow yourself to fully engage in the experience. Loose non-restrictive clothing is always a good choice, or perhaps comfortable athletic attire.
- To ensure everyone has a peaceful session, it's important to:
 - **Arrive Early:** Please arrive 10-15 minutes before the session begins to check in, settle in, and ease into your meditation experience. Our classes start promptly, and for the benefit of everyone, late entry is not allowed.
 - **Remain Respectful:** Turn off your phone and any other potential sources of noise. Respect the silence during the session to allow everyone, including yourself, to fully immerse themselves in the experience.
 - **No Shoes Required:** Please remove your shoes before stepping onto the mats. You may bring your own towel or mat to lay over the provided mats.
 - **Keep Voices Low:** Be mindful of other classes in session. Use soft voices when moving through the space to respect everyone's experience.
 - **Stay Until the End:** For the comfort of all participants, please stay for the entire session. Leaving early or midway through can be disruptive to others, so we kindly ask that you only sign up for sessions you can fully attend.
- No admission for individuals aged 15 and below. Guests aged 16 and above are required to purchase a ticket.

We look forward to having you with us for a relaxing and rejuvenating experience.

In the event of rain, the class will be cancelled with 40mins notice. In the event of cancellation, you will be informed via text message / email.