

ਫਿਰਤ ਟਿਲੇ ਕੁਏਸ਼ਟੀਓਨਫ਼

1. Do I need to call and make an appointment or preregister? No. Just show up a few minutes early and let the person behind the desk know you are on your first time with us. We will sign you in and point out the bathrooms, dressing rooms, and where your classroom will be.

2. Do I need to bring a mat? No. We provide mats, however if you do own a yoga mat we encourage you to bring it.

3. What should I wear? Any sort of work out clothing is fine. Wear something you feel comfortable in and that you can move easily in. Jeans and skirts should be avoided.

4. There is a Men's and a Women's dressing room and we encourage you to leave shoes and bulky items there. Anything valuable may be brought into the class room. Each person is responsible for looking after his or her valuables. **Please turn off your phone!**

5. Please be aware that everyone in the room will be breathing deeply through their nose. In consideration of others, we ask that you do not bring strong scents into the room including, sweat, cologne, strong perfume (essential oils are usually ok).

6. Please let us know if you have any existing health conditions or skeletal issues before you begin, so that we can give you the best instruction possible.

7. Feel free to call or email and ask any further questions you may have. 405 503 7779

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