

# Guidelines for Class

- The instructor will be at the classroom 30 minutes before class begins, so feel free to come early if you would like to discuss any aspect of the class.
- Try to arrive a few minutes early so you can settle in or visit with classmates before class starts.
- **Maintain confidentiality outside of class:** Honor and respect your classmates by refraining from talking about people's classroom participation. Feel free to discuss your own insights and experiences with anyone you wish.
- **Avoid note-taking.** Trust yourself to remember what is important.
- It is fine to bring water into the classroom, but not food.
- Turn off devices!
- Please avoid wearing perfumes or scents to class.
- **Make yourself comfortable.** Take off your shoes, bring slippers or socks to wear. Bring a yoga mat and meditation cushion if you have them, and wish to bring them. I will supply cushions, chairs, and blankets for floor work. Wear non-binding clothes. *Discuss any special comfort needs with me.*
- **Be sure you take care of yourself during meditation and stretching practices.** If something doesn't feel right for you, ease off.
- **Feel free to contact me about any questions or problems that may arise.** You can also feel free to call me at home (218-751-1537) or e-mail me. ([geriwilimek@gmail.com](mailto:geriwilimek@gmail.com)) I am generally less available at work because of the schedule I follow with my clients, so *please don't hesitate to call me at home!*