

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 in person.
- 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) 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!*