

# Self-Practice Class



## Blue Turtle Yoga MTP ▪ Fridays from 1:45 – 3:30pm

Come join fellow practitioners and teachers at our Mount Pleasant studio as we deepen our understanding of yoga through self-discovery. All levels are welcome, but students will practice independently. Some of our instructors and students will practice the Ashtanga Primary Series, but any series or sequence may be practiced. Please read the guidelines below for more details.

### Practice Guidelines

1. You are responsible for your own practice.
2. No instruction or adjustments will be provided.
3. If you choose to recite opening and closing invocations, please do so quietly and independently.
4. Make as little disturbance as possible when entering or leaving, and please minimize entrances and exits.
5. In an effort to maintain a clean, quiet space we will not converse or play music inside the studio for the duration of the practice time.
6. The room temperature will be maintained at 85°F.

**[www.blueturtle yoga.com](http://www.blueturtle yoga.com)**