

# M2 Mindfulness Studio Etiquette

## Be considerate of the space.



**Turn your cell phone off** or make triple sure it's completely silenced AND vibration is off. Better yet, don't bring it with you!



**Do not bring food or drink into the studio.**



**Take off your shoes** when you enter. Place them by your seat.



**Respect class time.** The door is locked once class begins. Emergencies aside, please do not leave class early. If you know you can't stay for a full class, please choose another time to attend.

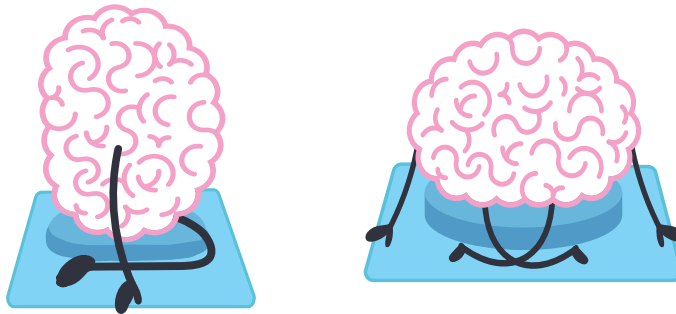
## Be considerate of your body. Sit comfortably.

The goal is to maintain an alert position, with a straight, yet natural spine, your knees slightly below your hips. There are no bonus points for postures that you think are "right" but don't feel good. Do you love sitting criss cross applesauce? Go for it. Prefer sitting upright in a chair? Do it. We encourage you to use back support and props if it helps you.

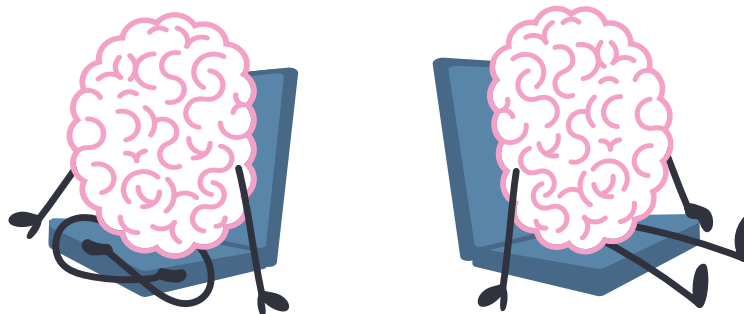
### Rama Chair



### Rectangular Cushion w/ Round Cushion Prop



### Multiangle Floor Chair



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