

**Restore-Energize-Meditate with Liz Chabra**  
**Tuesdays from 6:15 - 7:15 PM at Olney Yoga & Wellness**

**General Instructions/Protocols**

So that all who participate in this group meditation class may derive the optimal experience from each practice session, please follow these simple rules:

1. BE ON TIME OR EARLY: Arrive no later than 6:05 PM to stretch, settle into your seat/reclining position. Let your heart rate and breathing slow down from your trip to the studio, etc.
2. No food/drinks or mobile phones are allowed in the studio. Please avoid wearing perfume.
3. Late comers please do not knock on the door once it has been shut. The teacher will open the door and let you in.
4. The room temperature will be set at 70 degrees to keep students from getting groggy or uncomfortable with heat, so please be sure to dress appropriately.
5. You may participate in group meditation if you are sick as long as you do not need to blow your nose, sniffle, cough, etc.