

• PILATES • YOGA • NIA • GENTLE NIA •

TRIBAL FUSION BELLY DANCE • ALL U CAN DANCE

MOVING MEDITATION • SOULFULL SUNDAYS

MADRONA MINDBODY INSTITUTE

Welcome Packet



www.madronamindbody.com
360.344.4475



Welcome Packet

Welcome to the Madrona MindBody experience. As a new practitioner to the Studio we want you to have an experience that brings you joy and pleasure with how you feel. We also desire that your time with us lends a sense of community and belonging. The following guideline will help you gain a stronger understanding and help you prepare for your first class or workshop here.

All staff and teachers at Madrona MindBody are experts in their field. They can assist you if you have any questions. If you need additional information, please ask at the registration desk. We welcome your feedback: drop a note in the suggestion box, which is located in the registration room or send your comments/suggestions/questions to info@madronamindbody.com.

To become more familiar with all our class offerings, special events, workshops, or to learn more about individual teachers, please visit our website at www.madronamindbody.com or ask at the registration desk for an orientation after class.

Class Cards & Enrollment

- Please see our attached page for our pricing and membership levels, or visit our website.
- Drop in fees are \$12 for any of our regularly scheduled classes.
- We also have class cards that can be purchased for 5, 10, or 20 classes.
- Unlimited class cards provide unlimited access to all regularly scheduled classes. Special workshops and events are not included and are subject to separate fees.
- Class cards are non-transferable, non-refundable, and are valid until their expiration date.
- Madrona MindBody Institute (MMI) is committed to creating accessibility for all that we offer. If you have special circumstances that would keep you from participating, please make an appointment to talk with Aletia.
- New student specials are for NEW students to MMI. These specials are a one-time offer and allow a new student an exceptional opportunity to get a taste of all that we have to offer.
- In our best intention to meet everyone's needs. We offer a variety of membership or class card options to help meet your individual budget and/or frequency of attendance needs. We ask that you purchase the option that works best for YOU, or you may opt to pay the drop in fee of \$12. Changes to any of these options are very challenging for us to track and maintain.
- Gift certificates are available to make a gift of health and joy to a friend or family member.

Children

Children are welcome at the Studio. If a child is under a certain age and supervised by you as a participant in a class, we need to be assured that you will take responsibility for them and keep them out of harms way and from disrupting other participants' class experience. We ask that you please keep them away from the mylar mirrors in the gym space – the mirrors are paper thin (very expensive) and easy to tear.

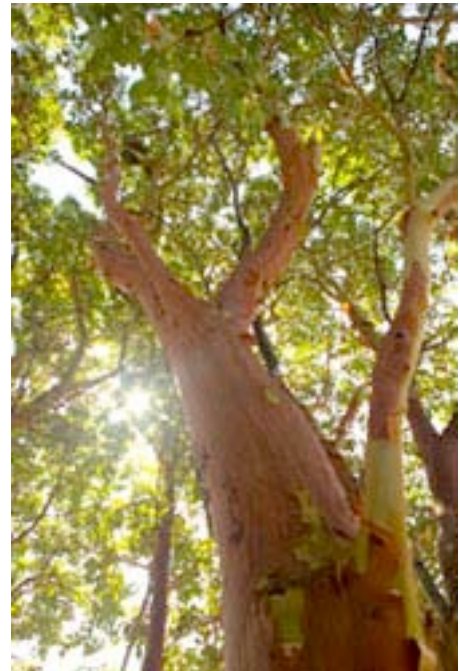
Children under the age of 13 that want to participate need approval from the teacher for the class. We welcome young adults 14 and older as participants in any of our classes and have a special offer for them as a drop-in \$7/per class. All parents will need to sign a waiver before their child can participate in class.

Signing In

- Please sign in for your class at the front desk and pull your card and present it to the “Welcome Wizard”. All class cards are filed by first name.
- We ask that you arrive 5 to 10 minutes before class starts. (Arrive 15 minutes early if you are a new student, need to purchase/update your card, or if you need to purchase a mat for class.)

By arriving early you have the time to utilize the space, stretch and warm up or just sit and lie quietly and get centered prior to the beginning of class. Some of our classes will close at the start of class – we want to ensure there are no disruptions once the flow of class has started.

- Please sign our waiver prior to starting any class.
- If your contact information changes, please let us know so we can keep our database current.
- You can expect that our classes will start and end at their scheduled time.



What should I wear and can I store my belongings?

You can change into your clothing at Madrona MindBody. There are two restrooms available – one upstairs and one downstairs – and storage cubbies to put your personal belongings.

Please wear comfortable exercise clothing. Please wear whatever makes you feel good and allows you to enjoy celebrating your body! We practice in our bare feet. You can dance in ballet or rubber-soled jazz shoes (**no black-soled, street or hard-soled shoes or stocking feet please.**)

We have benches in the main registration room where you can store your shoes. You can also store shoes and coats in the adjoining room. Please do not bring valuables to Madrona MindBody. We cannot be responsible for lost, stolen or damaged personal property. If you must, there is space in the cubbies of each movement studio to store your purse, wallet or bag.

What should I bring?

Yoga Madrona (pilates and other):

For sanitary reasons, consider bringing your own mat.

Many practitioners also bring a water bottle and small towel.

Dance Madrona:

Please bring your own mat for any floor play or for additional comfort.

A water bottle and towel are suggested for all the movement forms.

Belly and Tribal Dance:

A hip scarf is highly recommended to help see the movement as you develop those fabulous shimmies. Any shawl will do.

Mats and props are available at the studio. There are no fees for use of studio props. When you use MMI props, please put them away neatly. Fold blankets and mats, stack blocks, and coil tie straps. If you use studio mats please use the mat spray/wipes provided or purchase individual cleaning wipes. Yoga mats and props are available for purchase at the front desk.

Class Etiquette

- **Please turn off cell phones and pagers** if you are bringing these items into the Madrona Room or Main Studio (Gym).
- Please be considerate of other students by keeping your voice down when a class is in session and/or if you are in class. If you need to have a social conversation, please utilize the registration room. We invite you to share with your friends in the registration room, which allows the practices spaces to be experienced as a more sacred space for movement and quieting the mind.
- Please help yourself to any tea or treats in the registration room. There is always hot water and plenty of delicious teas for you to choose from. Bring your own mug to help us conserve on paper. We welcome your presence and wish for you to enjoy the space.
- If you are new to Madrona MindBody or to a particular teacher please introduce yourself and make the teacher aware of any injuries or limitations that they need to be aware of.
- Other students may be sensitive to heavy perfume and scents—please do not wear (even natural) perfumes or scented oils to class.
- To ensure respect of others in practice, please do not step on their mats.
- If you are feeling ill, we suggest that you stay at home and rest your body and mind. We wish you a quick recovery.

Respect for the Studio

- **Please remove your shoes when you enter the Studio.** This is a way of respecting the ancient tradition of the East and to provide a clean environment in which to practice. There are benches inside the main door and in the registration area to sit and remove shoes. ***Also, to ensure your safety, please do not wear socks. You could slip and hurt yourself on the wood floors.***
- No food or beverages (besides water) in the movement studio spaces (Madrone Room or Main Studio (Gym)).
- ***If it is possible, please park on the north side of the building. We ask that you do not park directly in front of the entrance or block the Fort's gas pumps, which are operational. We have been asked by the Fort to remind everyone that the speed limit within the Fort is 15 mph... so lets slow down and enjoy the scenery.***

What is a typical class like?

No two Madrona MindBody classes are alike. Each teacher brings a unique background to his or her classes and movement modality. Please see our website to read teacher bios and class descriptions to find the right class for you.

If you are a beginner, respect others by taking a class that is suitable for your level. Beginners in an advanced class disrupt the flow and energy of a class. If you are unsure of your level, take a beginner class and ask the instructor for a recommendation.

Always let your teacher know if you have any injuries or special health conditions. Listen to your body; pushing yourself beyond comfort and pain is not part of any movement practice here at Madrona MindBody and it is your responsibility to know your limits and take care of your needs.

A gentle reminder... Work at your own pace. Do not do anything that causes you pain. If you find that you are in pain during or after class, please notify the teacher immediately. If you have any preexisting injuries or physical limitations, or if you are pregnant, consult with your doctor before taking classes

Enjoy your class or workshop... we hope you will be part of the Madrona MindBody community for a while. Let us know how we can best serve you and deepen your experience with us.

Namasté—Allison and Aletia and the Madrona MindBody Team