



## **Class Policy**

The class starts promptly at 7AM. When the class starts the doors are locked to ensure the quality of the class by protecting the students from interruption. There will be no exceptions to this rule even if you are only one minute late. This may sound severe, but we have found that everybody appreciates this discipline and values the atmosphere that is created.

Please plan to be here at 6:45AM (15 minutes early). This will help you with unaccounted traffic, miscalculated time, getting lost and all the other mysteries that come with going somewhere first time. We meditate before class starts so this will allow you some meditation time, and it will allow you to ask any questions in person. Look forward to seeing you in the morning!