



Feil Family and Weill Family Residence Hall

Yoga Room Policies and Procedures

1. The space is intended for individual or small group yoga and meditation. This includes stretching, mindfulness, and relaxation practices, along with quiet wellness activities.
2. The space is open to all current students with a valid ID, and there are both open hours and reserved times.
3. To reserve a time, please see your StarRez portal to create a reservation.
4. There can be multiple reservations at a certain time, so please be mindful of others.
5. You must make a reservation to use the room during the times reserved.
6. Any student can use the room during open hours.
7. If you have a reserved time and fail to use the room, you could lose your reservation privileges.
8. Please remove shoes before entering the room, if possible.
9. Turn the door sign to "In Use" when you enter and "Vacant" when you leave.
10. Please limit use to no more than 30 minutes.
11. This is a quiet zone, so please keep noise to a minimum at all times. Please turn off or silence cell phones. If you need to use audio, please use headphones.
12. To keep the space and floor clean, food and beverages, with the exception of water, are not permitted.
13. No shoes on mats or practice floors. Leave shoes outside or in a designated area.
14. Food is not permitted. Water bottles must be sealed.
15. Mats, blocks, straps, cushions, and other items are provided but must be wiped down after each use.
16. Users are welcome to bring their own mats, towels, and water.
17. You may bring your own items to use, but you must take them with you when you leave.
18. The room should remain clean and neat. Please leave it as you found it.
19. No signs or advertising may be posted or left in this space.
20. No candles, incense, or any other flammable items are permitted.
21. No scented oils or diffusers allowed. Please remember this is a shared space, and others may be sensitive to certain smells.