



yoga etiquette

How to get more out of your classes

Please take this home

- **DO** arrive early. Getting to class about 10 minutes early can help you settle in and align your attitude with the purpose of the class. While you're waiting you can practice a pose, do a few stretches or just sit quietly, breathe and get centered.
- **PLEASE** do not routinely enter class late or leave early, it's disrespectful of your fellow students, the practice and the teacher. If you happen to arrive late, enter only after the centering is completed and students are in motion. If you must leave early, notify your teacher as a courtesy. Set your mat near the door so your departure is quick and quiet.
- **DO** stay away when you are sick; nobody will benefit from your germs. Allow the body to rest and recover.
- **DO** abstain from eating for two or three hours before class. If you practice yoga on a full stomach, you might experience cramps, nausea, or vomiting, especially in twists, deep forward bends, and inversions. Digesting food also takes energy and this can make you lethargic.
- **DO** let your teacher know about injuries or conditions (i.e.: pregnancy) that might affect your practice. If you are pregnant, injured or tired, skip poses you can't or shouldn't do and instead, pick a stretch that would soothe your body.
- **DO** cultivate an inward focus. Keep negative comments or difficulties to yourself. Please do not bring pagers or cell phones to class. Leave socializing and business outside the studio, so the peace of the practice is not disturbed.
- **DO** respect your fellow classmates by not talking during class. It's great to share a class with people you know, but it can be distracting to yourself and others to have an extended or loud conversation.
- **DO** purchase your own mat. It will encourage a home practice and your energetic imprint will be on your mat. Once the mats are rolled out, they create a sacred practice space. Please walk around mats; don't step on them.
- **DO** arrive clean, modestly clothed (as our classes are co-ed), free of scents and jingle-jangle jewelry that might distract others and your practice.
- **DO** invite challenge but don't push or force. Instead of trying to go as deeply or completely into a pose as others might be able to do, do what you can without straining or injuring yourself. You'll go farther faster if you take a loving attitude toward yourself and work from where you are, not from where you think you should be.
- **DO** keep your belongings in your own space. Be mindful of water bottles, personal items and props. Please pick up and neatly put away the props you use.
- **DO** take time afterwards to think about what you did in class, so you can retain what you learned. Review the postures you practiced and note any instructions that particularly made sense. Even if you remember just one thing from each class, you'll soon have a lot of information that can deepen your own personal practice.