



Yoga Etiquette

Remove Your Shoes: it is customary to leave your shoes outside of the studio room. We spend a good portion of the class on the floor. _____(initial)

Turn Off Your Cell Phone It is distracting to those whom come to yoga to escape the outside. Only Phones that are allowed on the mat are those on call in the medical or police/fire fighter profession. BUT phones must be on vibrate, hidden under your towel and answered outside the yoga room. _____(initial)

Arrive On Time Arrive at least 5-10 minutes before the class is scheduled to start. If you do arrive late, don't enter a class more than 10 minutes late if it has already started. _____(initial)

Respect the Teacher When you enter a yoga class, you sign on to respect the teacher for the next hour to hour and a half. You may discover halfway through the class that you don't care for this teacher, style, time of the day. But you still should continue with the class, follow the teacher's instructions, take your relaxation and be open to the experience. _____(initial)

Respect your fellow students: Talking to ask if someone can see, asking for assistance to set up your space is okay, but chatting with your friends is not okay. Many students come to yoga class early specifically to relax and meditate. If you want to chat go into the lobby. Talking in the room is not acceptable. _____(initial)

Keep Variations Appropriate Keep in mind the level of the class you are attending. If it is an advanced class and some of the poses are too hard, it is fine to take a more basic variation of the poses being taught. If you are attending a basic class, stick to the basic versions of the poses so you don't confuse new students. The teacher will offer you the option to take a more advanced variation when appropriate. _____(initial)

Leaving the room: is okay. if you must. but you want to wait until we are between postures or having a break. please refrain from walking in front of others while they are attempting asanas. when you are ready to re-enter peek in and make sure we are between postures or on a break. _____(initial)

Please Don't Skip Savasana! Your final relaxation is an important part of your practice. Don't plan to leave class early. If you must, tell the teacher in advance and take a short Savasana before you go. Don't make a habit of this. _____(initial)

Refrain from wearing scented lotion, perfume, body spray: Some students are allergic to these scents and it can disrupt their practice_____ (initial)

No GUM or CANDY: A severe choking hazard. _____(initial)

Refrain from loud noises: such as heavy breathing, grunting or moaning- yoga is not always easy and comfortable you want to breathe as directed in the postures- grunting- groaning and moaning will not make the postures any easier or better nor will it let others know how hard you are trying. It is a distraction and disturbing to those close to you. _____(initial)