

Yoga “Etiquette”

Yoga is a beautiful practice, as it helps strengthen and tone our bodies, increase flexibility and balance, as well as work on mind-body balance and awareness. Yoga is non-judgmental and non-competitive. We should not compare or compete with anyone, including ourselves, during class. Yoga is for EVERYONE! Just coming to the mat is practicing yoga. Let your breath guide you, remember to breathe and have some fun! The physical benefits are just a bonus!

New to yoga? What do I need to know?

Before class

Eating and drinking: Avoid eating for 2 – 4 hours prior to class. Be sure to hydrate before, during and after class.

What to wear? Wear comfortable, stretchy clothes that are not too loose.

What do I need to bring? A yoga mat, towel, and water.

Avoid: Wearing strong scents such as perfumes, deodorants, essential oils, or cologne.

Please arrive early: If it is your first time, please arrive 10 - 15 minutes early.

Once you arrive

Footwear: Take off your shoes and socks before you walk into the yoga room.

Communicate: Tell the instructor if you have any injuries or limitations.

Electronic devices: Please turn your cell phone off, or, better yet, do not take it into the practice space with you.

Enter the room: Try to keep noise to a minimum when setting up your mat and collecting your props (i.e. block, blanket, strap), and be sensitive to whether conversations with others may disturb those around you.

During class

Listen to YOUR body and make modifications that are appropriate for you.

Ask questions: Let your teacher know if you are confused, are having trouble with something, or are experiencing any pain. Your teacher is here to serve you but cannot help if s/he does not know there's an issue.

If you are late: Being on time is of course optimal, however if you arrive more than ten minutes after class has started, then it's best to come back for another class; the first ten minutes provide centering and warming up, and joining in a class without having had this can risk injury and can also be distracting for fellow students.

If you've arrived within the first ten minutes of class, then, if it's OK with the teacher, please enter the studio and gather your props quietly, and choose a space for your mat that is close to the entrance so as not to distract other students. If possible, join the sequence as your teacher cues it. If there are some warm-up postures you need before you can join in the sequence, then quietly take these and join the sequence as soon as you can.

THE BEST PART OF CLASS! Savasana, or Final Relaxation is the last pose we do in class, and consists of lying down on our mats with our bodies relaxed and our eyes closed so that we may absorb the benefits of our yoga practice. This is a very important part of yoga class, so please give yourself a full Savasana! Your teacher will let you know when it's time to come out of the pose, relax, let go and enjoy. If you give yourself a few minutes of relaxation, you will have so much more to give those around you.

Leaving class early: Please plan to stay for the entire class. If this is not possible, then please let your teacher know before class starts, and take a short Savasana before you depart. When you leave, be mindful of your fellow students by being quiet as you collect your items, return your props, and depart the room. You can clean your mat and get ready to leave in the lobby, if the class is still in progress.

After class

Clean your immediate area: If you borrowed a mat from the studio, spray and wipe it down and return it. If there is moisture on the floor around your mat—either from your perspiration or your water bottle—wipe it up with your towel. If you used props, please put them back neatly.

Communicate: Speak with your teacher after class if you have any questions or concerns about your yoga practice.

Make sure you take your own belongings.

Hold any loud conversations away from the studio.

~Namasté

(We use this phrase, Namasté, to end class. Simply translated, it means, “the light in me goes to the light in you”)

This document was partially based on the 90 Monkeys' Yoga Etiquette document.
www.90monkeys.com