


YOGA GUIDELINES AND ETIQUETTE

blue door yoga room 

There are no pre-requisites to starting or practicing yoga. If you can breathe, you can do yoga. It is a personal, non-competitive and non-performance oriented practice. It doesn't matter at what age or fitness-level you begin. Through the practice of yoga, you will develop the strength, endurance and flexibility you need to be fit and healthy. All you need to do is show up. Yoga is about connecting to our hands, heart and head.

Following the below guidelines & etiquette ensures you and those around you a successful yoga practice.

- Yoga classes have a beginning, middle and an end and all are equally important.
- Please arrive early and stay the whole class.
- If you must leave early, please inform your teacher prior to class.
- If you arrive late, you disrupt the class and disrespect the teacher, the other participants and the practice. Late arrivals are subject to not being allowed in class. Refunds will not be given for missed classes due to tardiness.
- If you are waiting for a class to finish, please honor the class in progress and wait quietly in the lobby.
- Please refrain from using your cell phone while in the studio. Turn your cell phone/pager off before entering the studio or keep on vibration mode if you must leave it on at all.
- Yoga is practiced barefoot. Keep the floor clean and leave your shoes, food and drink outside.
- Yoga is practiced on an empty stomach and in non-restrictive clothing. Wait three hours after a large meal and two hours after a light meal before attending class.
- Please refrain from wearing heavily-scented perfumes, colognes, lotions, etc.
- Please remove your wristwatch and any large pieces of jewelry prior to class. Yoga is about creating lines of energy and moving energy in the body. Jewelry holds energy and generally blocks the free flow of energy through our limbs.
- Yoga is about uniting the body, breath, and mind. Ideally, we breathe through the nose, with the tongue and jaw relaxed, during our yoga practice. Chewing gum tenses the jaw and mouth. Please, no gum chewing in class.
- Yoga is an inward journey. Keep casual conversation before, during and after class to a minimum. Find your spot in the studio lay your mat down and begin your journey into relaxation whether sitting cross legged or lying back. Please respect the fact that some students enjoy to meditate before and/or after class and try not to disturb others.
- Be prepared to sweat, your body's natural response to cooling down. Make sure to drink plenty of water throughout the day and be well hydrated, as opposed to drinking water during the class.
- Inform the teacher prior to class if you have any health conditions such as neck, back or joint injuries, recent surgery, high blood pressure, pregnancy, etc.
- We encourage students to practice a minimum of three times per week so they can experience the profound benefits of Yoga.
- Be kind to your body, honour your limits and enjoy yourself.