

yoga student guidelines

following these guidelines will enhance your yoga practice and contribute to a satisfying collective experience

Be kind to yourself by accepting where you are.

Whenever in our lives we begin yoga is perfect. Yoga is not pushing yourself to injury or increased agitation. The path is your journey so be content to simply be on it. Practicing yoga without self-judgment is much more significant than achieving the perfect splits.

Abandon the competitive mind set.

Yoga is absolutely non-competitive. Though there are tremendous physical benefits to the practice, it's not just another "workout" or sport. Making comparisons just slows you down. Simply being receptive to yoga as it comes to you, in your time, will accelerate you towards inner peace, a calm mind and an open heart.

Arrive a few minutes early.

Life happens and we're all late sometimes but continually arriving late is disruptive and disrespectful. If you do arrive late, take a deep breath, unravel your mat outside and enter as quietly as you can. Slide into the flow of the class and let it go, it's over now.

Enter and exit the yoga room mindfully.

Please leave your shoes and all other belongings in the cubby holes and enter the yoga room quietly. Free yourself from your stuff! Please don't enter or exit the room when the class is in meditation or relaxation. Challenge yourself to be completely silent and honor others.

Let us know about your body.

Mention any preexisting injuries or special conditions to the teacher at the beginning of class so that she can help you stay safe. You should NEVER feel pain in your joints. If you do, wave the teacher over.



Make a commitment to your well-being.

Yoga is an ancient system to achieving balance in your body and mind. It is an effective way to balance the effects of the 21st century on our nervous system, psyche, and spirit. Resist letting the same old excuses keep you from this path. Make a commitment to take care of yourself so you can take care of others and teach by example.

Practice on an empty stomach.

It is recommended that you don't eat during the 2-3 hours prior to practicing. This is not an austerity but simply practical advice. With a full belly you may experience great discomfort and untimely gas! If you must, eat easily digested foods like fruit or yogurt.

No food or beverages in the yoga room.

Bottled water is okay, but if you are otherwise healthy, try to avoid constant sipping. We aim to generate internal heat during our practice and constant sipping cools the body. Before and after your practice, be sure to drink plenty of pure water. Avoid coffee and other caffeinated drinks before and after class.

Don't wear cologne or perfume to class.

Many people have perfume-related allergies and can be very sensitive to them, they may even get ill. You may love your perfume, but there will always be people who don't and they may be deep breathing two feet away from you. Practice respect for others.

Leave your cellphone in the car.

There are few things as disruptive as a ringing cell phone during our practice. If you can't be away from your phone for 90 minutes, that's an indication of an imbalance in your life! Give yourself time off. Turn it off, leave it outside and dive into your yoga practice.

Acquire your own yoga mat.

We do offer public rental mats for brand-new students but once you begin a regular practice, make the small investment in your own yoga mat. It's much more hygienic and it's your own sacred space.

Practice at least 2 days a week.

Practicing yoga one day a week is good but you will be reinforcing what you've already learned instead of evolving along your path of yoga. At least 2 days a week will allow you to grow in your practice. The more you practice, the more accessible are the vast benefits, physical, mental and spiritual.