



Yoga Etiquette

Although yoga is available to everyone, the western yoga studio has certainly developed its own modern decorum. Don't worry! No one will be keeping tabs, and check marks will not be given. However, it's always more comfortable to enter a new situation with an awareness of the expectations. With that, please consider the following.

The studio has only two hard and fast rules

- Doors will not open until seven minutes before class begins. This allows me to get the space ready for everyone's arrival.
- **Please keep street shoes off the yoga floor at all times.** Bare or socked feet are appropriate.

Guidelines to help everyone be comfortable

- Try to arrive at least five minutes before class starts. This allows you time to check in, gather your props, prepare your space, and not have a hurried energy.
- **Please turn off your cell phone** — it can still be heard from your purse or locker, even on vibrate.
- Inform your instructor of any new injuries or concerns.
- Please do not step on others' yoga mats. This is their personal space.
- Consider your space on the floor — stagger front-row spots so that people behind you have a clear view of the instructor. Also, don't get attached to 'your' spot on the floor. 😊
- While you're waiting for class to start, *quiet* chit-chat is acceptable. However, please take cues from those surrounding you. Many use this time to quiet their minds and prepare themselves for a contemplative yoga practice. Please respect that. Hold this concept for after class as well. Many experience a quiet centeredness after practicing and enjoy a gentle *easing* back into full awareness.
- It is normal for yoga to stimulate the digestive system. No worries! It's appropriate to leave the floor to use the restroom. And on that note — don't be embarrassed about sounds our bodies make. It happens! 😊
- If you absolutely must leave class early, quietly gather only your things. Studio props can be left on the floor to minimize activity in the room. Also, please let the instructor know before class begins.
- After class, please put your props away in an orderly fashion. You can leave borrowed mats on the floor, as I'll clean each one.
- Asking questions during class is acceptable, but try to keep it to a minimum. One discipline of yoga is to intently listen to instruction and resist the temptation to blurt. However, safety trumps all — if you need clarification, or you're unsure about a pose, please ask.
- It is customary to begin and/or end every yoga class with 'Namaste'. This is a gesture of love and respect and roughly translates as "The Divine in me acknowledges the Divine in you." Or even more simply, "I bow to you." Higher Power Health & Yoga wants your yoga experience to be comfortable and pleasing. Only do and say what *you* are comfortable with.

Namaste
Michelle