

YOGA CLASS TIPS  
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*The following suggestions are intended to enhance your yoga experience. These are topics that have come up repeatedly in my many years of teaching experience. If you have any questions, please feel free to contact me personally.*

- **Always arrive to your class 5-15 minutes before class time.** If you must occasionally arrive late, prepare yourself for class before you enter the room by removing your shoes, cover-up garments, turning off your cell phone etc. Quietly put your things away and open your mat with minimal disruption to others.
- **Please be quiet upon entering and leaving the Yoga Room.** Many people come to class a few minutes early to de-stress from the day and prepare for their practice. After class, please keep conversation in the studio low and to a minimum. Bustling about, chatting, & loud noises disrupt this calm setting. Those who need the quiet time thank you in advance.
- **Choose a class that is appropriate for you.** Taking a class that is not suitable for you will not only affect you, but will also affect the others in the class. Consult the teacher to ensure an enjoyable and productive class for all.
- **Be sure your clothing is appropriate for class.** The usual attire for women is footless leggings or shorts and a t-shirt with a high neck and sleeves. Men often wear shorts and a t-shirt. Clothing that may be quite modest in a daily situation can be baggy and revealing in a yoga class. Check from all angles, including inversions, before class!
- **Come to class clean and free of perfumes, cigarette smoke or other odors associated with your job.** Strong scents can be disturbing to other students. If you perspire heavily, bring a towel.
- **Come to class with an empty stomach.** Do not eat for at least two hours before class.
- **Please do not chew gum or drink water during your practice.** These activities disrupt a quiet mind, distracts others, and there is the risk of choking. **Drink at least 8 oz of water after class.**
- **If you have to yawn, sneeze or cough, please cover your mouth.** Dispose of tissues as necessary to maintain a sanitary and pleasant environment.

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- **Please turn off all pagers and cell phones.** If you must have your cell phone on, turn it to vibrate mode and keep it with you so you can answer quickly. Please leave the room for your conversation.
- **Inform your teacher about any injuries, health problems or changes (such as pregnancy) before class begins.** Modifications can be used to assist you to practice safely. If an asana causes pain or just doesn't feel right, be sure to ask the instructor for further guidance.
- **Women should inform their teacher if they are menstruating** so that proper adjustment can be made to the practice. You should not come to class during the first 2-3 days of your period unless the class is designed specifically for menstruating women.
- **All necessary props are provided.** However, you are encouraged to purchase your own sticky mat and bringing it to class.
- **After class, pick up and neatly put away any props you use.**
- **If you must leave class early, do it before Savasana (final relaxation pose).** Set up near the door to create minimal disturbance to others. Put away all props except those used for that pose. Before you leave, neatly fold, roll or neatly stack what is left and leave it in your place.
- **Ask questions that are pertinent to the pose, others may have similar questions. Do not chat or carry on side conversations during class.** It is disrespectful to the teacher and distracting to others.
- **Come in with an open mind, an open heart and a positive attitude.** Take time after class to think about what you did in class, so you can retain what you learned. Yoga challenges us on many levels. Look for the positive aspects of a situation you find challenging. Practice reframing negative thoughts. Focus on learning rather than performing the poses. We all work at different levels in different ways.
- **Having said all of this, we maintain a fairly relaxed atmosphere in class.** We enjoy learning and practicing yoga together. We encourage, support and laugh together. Yoga is a journey, and a process. We are in different places on the same path. We honor the commitment in one another to stay on the yogic path and enjoy the adventure.