

KEEPING YOGA CLASS PEACEFUL

Here are some ways to get more out of the yoga classes you attend.

Please park your vehicles according to the parking map. We want to keep our neighbours happy.

PLEASE TURN YOUR CELL PHONE OFF! The ring is disturbing to the peace and concentration of the class. If you must receive a critical phone call, please put your cell phone on vibrate mode.

Arrive early. Getting to class about 10 minutes early can help you settle in and align your attitude with the purpose of the class. While you're waiting you can practice a pose, do a few stretches, or just sit or lie quietly, breathe, and get centered. Please keep talking to a minimum before and during class.

Yoga is best done on an empty or mostly empty stomach. If you practice yoga on a full stomach, you might experience cramps or nausea, especially in twists, deep forward bends, and inversions. Digesting food also takes energy that can make you lethargic. It is confusing to your nervous system when you are physically active when your body is trying to digest.

Please let me know about injuries or conditions that might affect your practice. If you are injured or tired, skip poses you can't or shouldn't do, or try a modified version. **Ask us for help.**

Please contact us if you are going to miss a class. You can make up missed classes during the semester.

Create an intention. To help you focus, you might find it helpful to dedicate your practice to a certain intention. This might be to become more aware and understanding, more loving and compassionate, or healthier, stronger, and more skillful. Or it might be for the benefit of a friend, a cause – or even yourself.

Please do not wear perfumes or strong fragrances to class. A yoga studio should be a **SCENT FREE ZONE.**

Do yoga with a compassionate attitude towards yourself, or AHIMSA. Instead of trying to go as deeply or completely into a pose as others might be able to do, do the poses with ease and **ALWAYS** with the breath. You'll get more out of yoga if you take a loving attitude toward yourself and work from where you are, not from where you think you should be.

TAKE TIME afterward to reflect on what you did in class, so you can retain what you learned. Review the poses you practiced, and note any instructions that particularly made sense. Make notes in order to help you remember. Even if you remember just one thing from each class, you'll soon have a lot of information that can deepen your own personal practice.

