



WELCOME TO SADHANA YOGA STUDIO

YOGA STUDIO ETIQUETTE

A Few Things To Know To Enhance Your Learning And Practice Of Yoga

Please:

- Remove shoes at the door and carry to the shoe racks where you can store your shoes/coats/bags. It is preferable to practice asanas (postures) in bare feet to avoid slipping on the mat. The wearing of socks is recommended for relaxation practices where warmth enhances the experience.
- Wear comfortable clothing. Layers are best so that you can be comfortable whilst working hard but also when relaxing. A blanket is useful for relaxation practices. Body temperature reduces when the body is still and your practice will be enhanced by maintaining a comfortable temperature.
- Either leave your mobile phone in your car or turn it on to a completely silent setting. Use your time in the studio as an opportunity to have some time with yourself and not be on call to others. Allow others in the class the same opportunity to practice uninterrupted.
- Come to class with an empty stomach (unless a specific medical condition prevents this). Ideally allow at least an hour and a half after eating before starting yoga practice.
- Please keep water cups and bottles off the floor. I take special care of the studio floor and spilled water is unpleasant for others. Water cups and bottles can be kept on window sills or tables during class. I provide water and cups at the water cooler. If you want to help the environment please bring your own cup to class so you do not have to use the plastic disposable cups.
- Be a few minutes early to class. Entering class late is disruptive and disrespectful to others. If you do arrive late please enter as quietly as you can. Make a mental note to allow more time to get to class in future. You will benefit more from your class if you arrive in time and unflustered.
- Those of you who need extra support when working with balancing postures, please use the window sills for support rather than the walls as I have noticed the walls are quite easily marked by the natural oils in hands.
- You are welcome to borrow studio mats, though it is more hygienic to bring your own mat. Please consider buying your own. You may also find that having your own mat encourages you to practice yoga at home between classes.
- Ask questions about anything in class which is not clear to you. You may ask during class when appropriate or after class if you prefer.
- If you have a health issue (illness, injury or medical condition), please let me know before class. Not every pose is appropriate for everyone. Whilst menstruating, avoid holding inverted postures for long.
- Whilst you're here, let go of the competitive mind-set. Yoga is non-competitive. It is not just a workout, it is not just techniques for relaxation, and it is not just cross-training. It is a spiritual practice that can make body and soul stronger, more flexible and generally much healthier. Use this studio as a space to allow yourself to be you, as you are today, in this moment.
- Be kind and loving to yourself by accepting where you are. It is OK to come out of a pose before I say so. Yoga is not about 'sticking it out' or 'no pain, no gain'. To the contrary your body will respond beautifully when you show it kindness, acceptance, and love. Rest sometimes. Do what you can, with what you have, with where you are.
- No experience or flexibility is required to practice yoga. Yoga is for everyone. Experience and flexibility will come to you with time and practice.
- Stay for the entire class. If you need to leave early, please let me know and make sure you leave quietly before the final relaxation.
- Finally, most classes finish with the gesture and saying of Namaste, a respectful greeting recognizing the equality of all and the sacredness of all. One definition is 'The divinity within me honours and recognizes the divinity within you and there is no separation between us.'

Namaste. *Kathryn*