



Here are some guidelines that will allow you to get the most out of your yoga class and also allow your neighbors to enjoy theirs.

- **Bring your own mat, towel, and props:** for all Dynamic, Ashtanga and Hot Yoga classes. This is a matter of cleanliness. We sell all of these items in our boutique if you need them.
- **Challenge yourself:** its good practice to attempt what you may think you cannot. You might just surprise yourself! Give your brain a rest on over-analyzing everything and just do it! You'll be amazed at what you can accomplish when you get out of your own way.
- **Stay focused:** Especially when the class gets difficult for you, it's important to stay focused. Work through the distractions that you create for yourself and you will learn a lot about your behavior patterns.
- **Try to stay on your own mat:** Even if you find the class challenging it is good to practice control. Try not to let yourself flop over onto someone else's mat, but if it happens, a good yogi will surely laugh it off.
- **Be open to new things:** Even if you have your mind made up about a teacher, stick it out for the class. It's only 90 minutes—and maybe you'll learn something.
- **Be on time:** When you come in late, you disrupt the class and disturb the students who are now centering and focusing on their practice. If you are late, please wait outside the practice room door until centering and chanting practices are over, then enter and quietly put down your mat.
- **Don't do your own class:** Pay attention to the teacher. It's disrespectful to do different postures than the rest of the class. If you want to do your own thing, save it for your home practice.
- **Don't give up:** Yoga class is supposed to be challenging. You'll get what you give. Some things will be frustrating at any level but part of the practice is observing how you react when faced with difficult situations. Working at staying steady and calm during challenging moments in class will spill over into the rest of your life and you will love the evolution.
- **Don't disturb your neighbors:** If you have to leave for any reason, try to be as quiet as possible.
- **Don't leave a trace:** Pick up your things after class. Part of yoga is being conscious of your actions. Why? Because everything is connected. Please be mindful of teachers and students coming in after you. Please wipe down the floor around you and your mat, if you borrowed one.