

Yoga Class: Do's and Don'ts

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

1. Do come clean.

You're going to sweat a lot in class so come clean.

2. Don't be late.

When you come in late you disrupt the class and disturb the students who were there on time and are now centering and focusing on their practice. If you are late, Wait outside the practice room door until you hear that the centering and chanting practices are over, then enter and quietly put down your mat.

3. Do try to stay on your own mat.

Even if you find the class super challenging it is good to practice control. Try not to let yourself flop over to someone else's mat, but if it happens a good yogi will surely laugh it off.

4. Don't give up too easily.

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.

5. Do challenge yourself.

It's 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.

6. 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 home practice.

7. Do 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.

8. Don't disturb your neighbors.

If you have to leave for any reason try to be as quiet as possible.

9. Do 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 an hour and a half—and maybe you'll learn something.

10. Don't leave a trace. Wipe up your sweat puddles!

Pick up your things after class. Part of yoga is being conscious of your actions. Why? Because everything is connected. If you leave your sweaty mat and puddle of sweat on the floor in the room someone has to clean it up after you. EEEWWWWW!!! Put your hands in the place of the one doing the cleaning! Wipe down the mat you have borrowed.

11. Bring your own mat, towel, eye pillow & bolster (if you use them) for ALL Dynamic, Ashtanga & Hot Yoga Classes. It's a cleanliness thing.

We also sell them in our Boutique. This is a cleanliness matter, thank you for your understanding!