KVHS Yoga Studio Etiquette

Please…

1. Arrive to class on time.
2. Turn off cell phones or any other electronic devise, and never have these on the yoga floor.
3. Refrain from wearing scented products. Our school is scent free, and there are those around you with sensitivities.
4. Remove your shoes before walking on the yoga floor as a show of respect for the ancient tradition of the East, and to provide a clean environment in which to practice.
5. Wear appropriate clothing.
6. Bring a towel if you think you need one for sweat or slippery mats.
7. Never walk on another person’s mat.
8. Be considerate of students in class by refraining from speaking on the yoga floor, and by refraining from speaking loudly on your way to it.
9. Keep the yoga room tidy during class by placing all personal belongings on the shelf by the door.
10. Listen to your body. Pushing yourself beyond comfort and pain is not part of any yoga practice. Remember, yoga is not a competitive practice, but rather a personal one.
11. Be respectful during savasana and yoga nidra by taking part silently.
12. If you are not feeling well, practice savasana a lot…in bed…at home.
13. Clean any props you have borrowed, and put them away neatly before leaving.
14. Smile!!! Be playful!!! Enjoy your practice and take it out into the world with you.