

**Yoga Courtesy – Being Mindful of Others**  
**Can be applied to all aspects of living**  
**Awareness ~ Harmony ~ Healthy Living (AHH)**

Yoga courtesy is for your comfort as well as others. It is respected in all studios and classes.

***Beginning of Practice: Warm-Up, Exercise, Relax, Release, Let-Go***

- 🕒 Remember to silence your cell phone (better yet – leave it in the car). Remove shoes before entering the class. This is “your special” time to relax, renew and let-go. It is for others too.
- 🕒 Entering the room calmly, observing, and find a “space”.
- 🕒 Trying not to sit too close to anyone, keeping an arm’s length to each side of you, helps to keep your aura (and space) clear.
- 🕒 Confining your area to the space around you is less distracting for all.
- 🕒 Bringing your props to class in a canvas bag is an easy way to gather quickly & quietly.
- 🕒 Keeping your things near a wall or close to your yoga mat, will conserve space in an oftentimes crowded or smaller studio.
- 🕒 If you wear eyeglasses, put them in a safe place. Leaving them on the floor may get them crushed.
- 🕒 If you are late for class, take your place quietly and join in with the current flow - exercise. Doing “your own thing” can be distracting for others.
- 🕒 Always tell the teacher if you have special needs or restrictions before class begins. This will help them to guide you through different exercises.

***Exercise ~ Postures ~ Asanas ~ Flow***

- 🕒 Do whatever you can do in class; otherwise you will be given a substitute/modified exercise.
- 🕒 Remember, the teacher will check to see if you are alright if you are not responding to instructions. If you want to reset between asanas, signal to the teacher that you are fine ... but resting. A simple hand up, a smile and a nod will do it.
- 🕒 Speaking out disturbs the flow of the class. If you have questions, raise your hand for the teacher to come over and speak to you privately.
- 🕒 If you can’t (or don’t want to) do the “Suns” (or other postures), do a modified Sun, Moon Series or Alternative Posture. Listening to your body without judgment, remembering to breathe, and knowing that each individual / variation may require modification will help.

***Cool Down ~ Relax ~ Savasana ~ Letting Go***

- 🕒 At the end of the exercise portion of class, there is cool down to remove lactic acid from the muscles, then savasana (relaxation). This gives the body a chance to process postures and for you to calmly leave class bringing this renewed sense of well-being with you.
- 🕒 If you have time limitations or prefer not to stay, leave at this time. Quietly remove mats and belongings, dress outside the room, and gently close the door. The smallest noise is magnified during this time of complete stillness ... *Otherwise ...*
- 🕒 Stay for the entire relaxation as a beneficial part of yoga for total well-being.
- 🕒 Waiting until the teacher tells you that the class is over gives you a little more time to simply be.
- 🕒 While rising at the end of class, be aware of others who may still be in their process of savasana.

***Om (honoring the light in all beings), Shanti (peace), Ananda (bliss), Satya (your truth), Om***