

### APJCC Yoga Etiquette

- **Make it part of your yoga practice to arrive early.** Getting to class about 10 minutes early can help you settle in and align your attitude with the purpose of the class. While you're waiting you can practice a pose, do a few stretches or just sit or lie quietly, breathe and get centered. We understand that some classes are back-to-back with others. In this case, wait patiently outside of the room so class can get started as quickly as possible.
- Repeatedly **arriving late to class can be disruptive** to others. We realize that situations do occur, however. If you do arrive a few minutes late, politely prepare yourself for class at the door (put away your keys, remove your coat, cover-up, shoes) and have your mat ready to unroll quietly as you enter the room.
- **Please do not enter the class if you are more than 10 minutes late.** We believe that it is very important to complete the whole yoga class (60 or 90 minutes) for your safety. A proper warm-up is essential in yoga to prepare the body for the physical & mental work you will be performing. A yoga warm-up involves specific breathing, stretching and poses that focus on exercises you will be performing later in class. Not participating in the warm-up can put you at risk of injury during your practice. In addition, being present for the whole class will ensure yogic respect, your well-being, commitment to your practice, and the sense of community.
- **If you must leave class early, do it before Savasana (final relaxation pose).** Also, please know that Savasana is essential. If you need to leave early, allow yourself a few minutes in corpse pose to reap the benefits of your shortened practice. This also alerts others around you that you plan to leave class a bit early.
- **Tell your teacher about any injuries** or special health conditions that might affect your practice. If you are injured or tired, skip poses you can't or shouldn't do or try a modified version.
- **Please turn off cell phones, pagers & anything that makes noise.**
- **Please refrain from wearing fragrances** as some people are allergic to strong odors.
- **Keep your eyes on your own practice.**
- **Be aware** of the space around you - avoid bumping into your neighbor - avoid stepping on other people's mats.
- **Come with an empty stomach.** Allow 2-3 hours digestion after a large meal. Please do not chew gum during class.
- **Speak in hushed tones before and after class.** Loud voices can interfere with students who have arrived early for meditation or staying after class for some quieting time. Be respectful of the volume of your conversations.
- **Come in with an open mind and an open heart** and take time afterwards to think about what you did in class, so you can retain what you learned. Review the poses you practiced and note any instructions that particularly made sense. Even if you remember just one thing from each class, you'll soon have a lot of information that can deepen your own personal practice.
- The most important thing...**enjoy yourself and have fun with your yoga practice!**