

Artarmon Yoga Guidelines

If you haven't attended a yoga class before, you will find that the following "yoga etiquette" guidelines tend to apply to all good yoga classes.

- ॐ *Most yoga positions and a full stomach aren't happy partners. Eat your meal 2 hours prior to class, or snack on a small piece of fruit, nuts or cheese if necessary.*
- ॐ *Shoes are left outside the room where the practice occurs. Yoga is performed barefoot, or in socks with grip. Attention to personal hygiene, especially foot cleanliness, displays welcome respect for others in the class.*
- ॐ *Avoid wearing strong perfumes, lotions or essential oils to class.*
- ॐ *Aim to arrive at least 5 mins early, so class can begin on time, but please do not enter the room earlier than 15 mins before class start. The class always begins with a quiet "settling" time, so late students either enter and set up very quietly, or wait to set up once the active part of the class commences.*
- ॐ *Mobile phones are switched off, not just to "silent". If there are special circumstances where it needs to be on, please inform the teacher.*
- ॐ *Personal items such as keys, sunglasses and handbags are stored at the back of the room near spare equipment, not near your mat or where practice occurs.*
- ॐ *Many yoga teachers and students consider it disrespectful and disruptive to "skip" the final relaxation at the end of class. If it is imperative to leave early, notify the teacher and chose a position near the door. Remember that final relaxation is an integral part of your practice, so always take at least a minute in semi-supine before leaving.*
- ॐ *Avoid inversions if you have a headache, unmedicated high blood pressure, glaucoma or during menstruation– ask about alternatives.*
- ॐ *It is very important to keep your teacher informed about changes in health or recent injuries BEFORE the class begins. Let the teacher know if you are on pain-killers (e.g. Ibuprofen/Nurofen or Paracetamol) before class as this will mask feelings of stretch, which could possibly lead to injury. If you are physically very unwell, or have a potentially contagious illness, do not come to class. The best yoga for you is rest! If you just feel a bit off, you could request the special restorative practice sheet (gentle and supportive) and work with this inside the class.*
- ॐ *If you experience pain, STOP and let the teacher know. If you wish to experience a pose more deeply, or something doesn't feel right, let the teacher know. Modifications and adjustments are our specialty!*
- ॐ *Blankets are folded in the requested manner at the end of class.*
- ॐ *Yoga is a spiritual practice which stretches the body, calms the mind and soothes the spirit. Competition with others or even with oneself dulls many of the benefits of yoga – relax and enjoy your practice!*