



B R A Z O S
HEALING CENTER

Meditation & Yoga Class Etiquette

The practice of yoga begins before your class starts. To create the best experience for yourself and others, please follow these guidelines:

- Arrive a few minutes before class begins. Give yourself time for a moment of meditation and to relax from the day. If you arrive just as class is beginning, enter quietly and find a place in the back of the class. Late arrivals can be disruptive and may not be accommodated.
- Students are always welcome to relax in the space prior to the class if the room is open – we ask that you observe noble silence and limit your activity to relaxation, rather than starting any active stretching practice.
- Come with an empty stomach or if you have a tendency toward hypoglycemia, have a small snack shortly before class. Yoga is best practiced three hours after a full meal. During a yoga class, please consume water only as needed. Water cools the inner heat (what the yogis call "tapas") that helps make the body flexible. Do drink plenty of water after class.
- Tell your teacher about any injuries or special health conditions before class. This will help the teacher make suggestions to make your practice safer and more enjoyable.
- Bring your own yoga mat to class for hygienic and energetic reasons. Mats are available to enhance your practice. If you perspire during class, please bring a towel. Please do not use studio blankets without a towel if you are perspiring.
- Please keep conversations low when you arrive and depart as other students may be relaxing or meditating. We want to create a space of healing, quiet, and relaxation as well as one of friendship.

The Spirit of Yoga embraces the qualities of compassion, awareness and respect. In this attitude of awareness, we ask that you ...

- Leave your cell phone in your car or silence cell phone before entering the studio. If you must take a phone call, please do so outside of the center.
- Remove your shoes after entering to keep the floors clean for others.
- Refrain from wearing perfumes or fragrances as some people are allergic to strong odors. Yoga mats may be kept fresh by washing them from time to time.
- Self-awareness leads to attention to detail and to the respect for the space and people around you. Thank you for creating a sacred space for your practice and for respecting the Spirit of Yoga.

(Our thanks to our friends at Yoga Yoga in Austin for this excellent resource)