

SCC YOGA CLUB ETIQUETTE

PLEASE:

- 1. Arrive on time** This means to be there 10 minutes early so you have time to sign in, set up your mat and collect your props. If the door is closed, please do not enter. Stay for a later class or enter quickly and quietly through the locker room door.
- 2. Remove your shoes** There is room for shoes at the benches in the hall.
- 3. Mind your mood** Check your ego at the door. Be gentle and kind. Save loud voices, gossip, complaining and negative news for another place and time.
- 4. Inform your teacher of any injuries or pains before class**
- 5. Observe the 4 B's** *Saucha*, purity or cleanliness, is the first personal practice in the Yoga Sutras. Before class, empty your bowels and bladder, bathe and brush your teeth.
- 6. Leave phones behind in the car** Only if you are stepping away from an emergency should you bring a cell phone into class and then only on vibrate so you can step outside through the locker room doors to take the call. We know these issues happen a lot in our community. But other than emergency situations, leave the phone locked up in your car. If you come by golf cart, please bring your own lock so you can turn the phone off and store it in a locker.
- 7. Be aware of your space and avoid stepping on someone else's mat** Yoga classes can get very crowded and people coming in after you may struggle to find a space. If you can help to make space near you, the kind thing to do is to signal them and make space. This is practicing *aparigraha*, non-greed. If someone is in your usual spot, practice *vairagya*, non-attachment. When there is room, people stagger their mats so everyone can have a view of the teacher.
- 8. Can't stay for savasana? Leave before!** Please don't make this a habit. Everyone gets it that once in while we can't make the class at all if we can't leave early, but that does not mean you are welcome to repeatedly exit class early. To say nothing of disturbing other people's aura of peaceful and restful surrender to savasana. They don't want to hear you putting your props away.
- 9. Put your props away and take your conversations into the hallway or outside.**
- 10. When you borrow a mat, please wipe it down both before and after class with the wipes we provide.**
- 11. Wear no scented products.** This includes perfume, after shave or scented ointment.
- 12. Please stay home if you are ill or contagious.** Wait at least 24 hours after a fever.