

# Yoga Etiquette

Semperviva wants you to have the best possible experience in class. Please follow these gracious yogi and yogini etiquette guidelines:

- 1.** Please turn off all cell phones and pagers the moment you walk into the Centre
- 2.** Please take off your shoes before entering the yoga room
- 3.** If you're late to class and meditation has begun, please sit by the front door until the opening meditation is complete. Don't worry about finding a place—the teacher will help you
- 4.** If you need to leave class early, please let the teacher know before class begins, and do not leave during shavasana (resting pose) to avoid disturbing other students. Remember that shavasana and meditation are two crucial elements of yoga class—so please try to incorporate them into your schedule
- 5.** In order to optimize space, please place all of your bags and belongings in the cubbies either outside the studio space or at the back of the studio, off the floor
- 6.** Please use the time before class to quiet down, stretch, meditate and become attuned to your yogic frame of mind
- 7.** Be aware of your neighbors when you're practicing, please shift your body so that you give them—and yourself—enough space. Yoga is after all about union and the spirit of community
- 8.** Try not to eat a meal too close to class time
- 9.** If you have any concerns whether yoga is suitable for you, or if you have a particular injury or condition, please consult your physician before beginning your yoga practice
- 10.** Please refrain from wearing heavy scents or perfumes to class