

Gaia Flow Yoga

Good Yoga Etiquette

Practice good yoga etiquette, whether it is your first yoga class or the 1000th, following common sense, basic rules, and respecting others goes a long way in making everyone's yoga experience an enjoyable, relaxed and stress free.

1. Early Arrival

Arrive to class early, not right when the class is about to start or even worse late. We open our doors 20-30 minutes before the class starts. Early arrival gives you enough time to sign in and then settle in, let go of your day and your thoughts, do a few warm up stretches, practice a few poses, or just lay down in a resting pose.

But, let's face it, sometimes life happens and we are late. When that happens, be prepared to have everything ready at the door, before you step into the classroom. Have your mat, towel and water bottle ready. Remove your shoes and have you keys, phone etc. put away. Step into the yoga room prepared and settle into your space quietly without disturbing others, do a few warm of poses, core and join the flow.

2. Remove Shoes

Yoga is done bare foot. No shoes allowed. Please remove your shoes for the yoga practice. Remove your shoes before you step into the practice area, and always before you step on your yoga mat.

3. Leave Cell Phones Out

Leave your phones outside! Outside the studio or at least outside the classroom. Please honor the sacred healing space and do not disturb the peace of others leave the cell phones outside the practice area.

4. Quiet Please

In the practice area, before, during and after class, use a quiet tone of voice. Avoid screaming, laughing, and other loud outbursts. Once the practice begins refrain from chatting with others and move into complete silence for the duration of the practice. Ask questions or make comments at the end of practice, not during.

5.What's the smell?

No matter how expensive your perfume or cologne is, it may be too strong. The scents, even fragrances of essential oils, seem to be magnified in a warm, closed in area where people are engaged in deep breathing. Some people even get nauseated. On the other hand, the smell may be your yogi toes or yoga clothing that you either forgot to wash or wipe down. Be mindful, recognizing that somebody might have sensitivities and allergies that can be aggravated by your odors, even the pleasant ones.

6.Gotta Go

Need a bathroom break? Try to go before the class starts. Avoid interrupting the class by going to the bathroom or leaving the room for any other reason, if at all possible. Not only does leaving the classroom disturb others, but you and your body will feel the shock too. If you have to leave the room do so quietly with minimum distraction.

7. Follow the Leader

In this case the teacher. For a reason you are taking a “guided” yoga class. The class has a teacher and students. Unless you are doing modified poses, due to physical condition, fatigue or pregnancy, follow the teacher’s guidance. It can be confusing to the other teachers and students if you are doing your own thing and not following along. If you need to take a break during the class, stay in one of the resting poses until you are ready to return to the flow of the class.

8. Wait, wait...

Anxious to skip the final Savasana? Wait! That’s the best part. The final relaxation and meditation. Resist the urge to leave early by skipping the final few minutes of the class. If you have to leave early, move to Savasana/Corpse Pose a few moments before you have to leave, so you can reap the benefits of this closing of the yoga practice. Stay near the exit door if you know you have to leave early to avoid disturbing others with your exit.

9. Wipe it off!

Sweating is good, but not when you find somebody has been sweating profusely right where you want to put down your mat! Before leaving the room, after a class, quietly wipe off any sweat around your area and if you borrowed a mat wipe it down too.

10. Got a cold – Stay home

Feeling under the weather? Stay off the mat, or at least stay home. In a yoga studio you are in very close proximity and closed in with about 30-40 other people who would rather not get sick. Be considerate of others, take care of yourself and feel better before returning to a yoga classroom.

11. Be compassionate to new yogis and/or rude yogis

Come to a yoga class with an open mind and heart. Accept that some things don't go as planned, whether they are distractions from others or from yourself. Adjust to those situations and find more compassion, understanding and love in your heart. Let it go and be present on your mat for your yoga.