

SMC Yoga Etiquette

Basic etiquette is an expression of the fundamental premise of yoga which is ahimsa or non-harming to self and others. It's a great practice of developing awareness of your world and of those that are sharing it with you. The following suggestions are designed to help us all experience more spaciousness and friendliness toward ourselves, each other and our environment.

CHECK-IN: Always register with the front or back desk at least 10–15 minutes before class begins.

BE ON TIME: Please be seated in the classroom a few minutes before the start of class. Each class is organized with a beginning, middle and end, all of which contribute to your experience. If you come in late, not only will you miss something but you will disrupt the class experience for someone else as well. To avoid this happening more than once a class, please wait until the teacher has finished with the dharma talk and chanting. If you've entered while dharma talk is in progress inadvertently, sit down as close to the door and as quietly as possible and choose a practice space once the teacher has finished with the opening dharma talk and chanting.

LEAVING EARLY: Though we hope you will plan to stay for the entire class, if you absolutely have to leave early, be sure to practice Savasana (corpse pose, deep relaxation) for at least five minutes and leave before the beginning of the class Savasana. It is impossible to leave quietly enough to avoid disturbing others once the general Savasana has begun. Let your teacher know if you have to leave early.

ENVIRONMENTAL AWARENESS: Think of the studio as a special sacred place where you can take refuge. With that awareness in mind, please:

- Be mindful of how you place your mat on the floor—try not to unfurl it with a loud “fwap!” but unroll it quietly in respect to your neighbors.
- Organize your practice area with neatness and consideration of those around you.
- If you are socializing before class, that's okay but be mindful of others who may be meditating in the studio.
- Please take only what you need to class to as space is already limited.
- Please keep your glasses and jewelry on your mat at all times as your teacher must move around in order to give adjustments and assists.

REFRAIN FROM WEARING SCENTS: Many of the people here are sensitive or allergic to various fragrances and scents.

GUM AND FOOD: please refrain from chewing gum in class. Do not bring food or beverages other than water into the studio.

PRACTICE “PROPASANA”: Please return all props to their appropriate place at the end of the class. Blankets need to be refolded to their original “Tadasana” shape. They are “trained” to fold a certain way. Blocks should be arranged on the shelves alongside other blocks. Belts should be rewound into a palm-sized spiral and placed in the belt basket.

Namaste. Your efforts in yoga etiquette help to ensure a positive atmosphere for all fellow yogis and yoginis.