

Yoga Etiquette Guide

Welcome to the West River Community Center Yoga Group Fitness classes!

Here are some general guidelines to optimize your Yoga experience.

1. **Arrive on Time:** Rushing into Yoga class is stressful for both you and other participants. It is also a distraction. Be sure to arrive on time and give yourself a few extra minutes to prepare for class.
2. **Can't stay for Savasana? Leave Before:** Please do not disrupt other students by packing up and shuffling out during the most restful stage of class. If you absolutely, positively, have to leave class early, let the instructor know before class begins and position yourself close to the door. Make sure to pack up and scoot out as quietly as you can, *before Savasana begins!*
3. **Savasana:** Savasana is the meditative portion of Yoga class that traditionally occurs towards the conclusion of a practice session. It is a time that is meant to restore the nervous system & allow your mind to sink into meditation for several minutes. Please refrain from physical practice and noisy breathing during this time (no ab workouts, arm stands, etc).
4. **Minimize Conversation:** Please allow the Yoga class to be an area of reflection & focus by maintaining a quiet atmosphere during the practice.
5. **Remove Your Shoes:** Yoga is practiced with bare feet (socks are ok, but not recommended). This will help the student to deepen their grip on the mat. If borrowing a mat from the studio, please disinfect it after each class.
6. **Be Respectful When Taking Modifications:** We encourage students to find their own enhancements and modifications of poses, however, this does not mean going into a headstand or seated twist while in Warrior 2. Please be aware of how your actions and energy impacts the space around you.
7. **Turn Your Cell Phone on Vibrate:** Please leave your phone in the cubbies or do not bring it into the studio. We ask that you please turn it to vibrate or off. Cell phones can be disruptive and distracting to class. If you must have your cell phone on you due to work or emergency purposes, please notify the instructor before class and turn the phone to vibrate. No "selfies" or photography before or after class.
8. **Honor Your Limits; You Are Not Here to Impress Anyone:** Yoga is not a competition. There aren't any prizes for poses. Your practice will differ each day. It is important to work where you are, not where you think you should be. Never force or hold to attain a pose. Modifications and adjustments are given in all Yoga classes. Be aware of what your body needs & what is safe for you.
9. **Let the Instructor Know:** Please let the instructor know if you are pregnant, have injuries, recent surgeries, or any other medical conditions that may impact your practice. It is also the responsibility of the student to inform the instructor if any unusual pain arises during class.
10. **No Children:** Children should not be brought into Yoga class at any time. The daycare is available for children 8weeks old-8 years old. Children older than 8 years old may participate in other activities around the WRCC (playing basketball, walking the track, etc). Children 12-13 may be allowed to participate in Yoga classes as long as they are accompanied by a parent. Children 14 & older may participate in class unaccompanied.
11. **Bring a Positive Attitude:** We understand that life gets hectic and crazy! Yoga is a time to check everything at the door and focus on you. Come ready to participate with an open mind & no judgment!

**Thank You & Namaste,
WRCC Yoga Instructors**