

STARR MILL YOGA

A few things you should know to enhance your learning and practice of Yoga.
We're glad you're here. Thanks!

Please:

- Remove shoes before entering the studio, we practice barefoot.
- Never bring your cell phone into the studio, leave it in your car or a cubby.
- Come to practice with an empty stomach (unless a specific condition prevents this).
- Please bring only water into the studio, no other beverages or food.
- Be early to class. Entering class late is very disruptive and disrespectful to others. If you do arrive a few minutes late, quietly sit at the entrance until movement or talking has begun. At that point, unroll your mat and enter as mindfully and quietly as you can.
- If you are using a studio mat, please use the provided cleaner and towels to thoroughly clean it for the next student.
- Wear comfortable exercise clothing.
- Refrain from wearing perfume, cologne, or strong aromas.
- If you have a health issue (illness, injury, or medical condition), please notify your instructor before class.
- Let go of the competitive mind-set. Yoga is noncompetitive. It is not just a workout, it is not just techniques for relaxation, and it is not just cross-training. It is a spiritual practice that can make the body stronger, more flexible, and generally much healthier. The purpose is to calm the mind, open the heart, and stimulate our spiritual evolution.
- Be kind and loving to yourself by accepting where you are. The body will respond beautifully when you show it kindness, acceptance, and love. Do what you can, with what you have, with where you are.
- No experience or flexibility is required to practice Yoga. Yoga is for everyone.
- Stay for the entire class. If you need to leave early, tell the teacher beforehand. Try not to disturb others by leaving during final relaxation.
- Most classes finish with the gesture and saying Namaste. This means: I honor the place in you in which the entire universe dwells. I honor the place in you which is of love, of truth, of light, and of peace. When you are in that place in you and I am in that place in me, we are one.

Namaste

