

# YOGA ETIQUETTE

## As yoga students,

### We come on time and ready to practice.

- We take restroom breaks before class starts because we know that coming late or leaving early can be disruptive to others.

### We embrace the quiet.

- We keep talking to a minimum if what we need to say is not part of the class activities.
- We avoid vocal outbursts or movements outside of the class instruction knowing that these activities are disruptive to others, particularly in a trauma-informed yoga program.

### We stay present.

- When we need a break from practice or a specific activity for any reason, we quietly exit the room, knowing we can return to the class another day.
- Everyone present in the room participates in the class; non-participant observers are not allowed in the room.
- We keep safe by removing shoes and socks before practice.

*Students who do not follow these guidelines may be asked to leave class.*

