

BEING YOGA

New Student Pledge



Being Yoga

Freedom in your body and mind

As a member of Being Yoga, I pledge to:

- Sign in BEFORE class starts with plenty of time to register as a new student or renew class packages.
- Take shoes off, dispose of gum, turn off cell phone, and leave keys and personal items on the back wall of the yoga room.
- Bring my own mat and towel. After the first day towels can be rented for \$1 each or \$15 for monthly service. Mats are sold at the studio for \$25.
- Upon entering the yoga room, release expectations, open the mind and trust the process.
- Dress in light, non-restrictive clothing for class.
- Drink sufficient water in the 24 hours prior to class to assume proper hydration.
- Refrain from eating 2 to 3 hours prior to class.
- Be aware of the space around me, ensuring fellow students have visibility in the front mirror.
- If arriving late, set your mat up in the back row and then do at least 10 pranayama breathing exercises before joining the group. After 10 minutes, no late entries.
- I'll allow the time in the yoga room to practice non-attachment, whether it's the amount of noise, temperature or a fellow yogi's unconscious actions.
- Be mindful of air quality (deodorant is great; strong perfumes, colognes or lotions are not).
- Pause during class to recline or sit if I feel faint, or experience dizziness or nausea.
- Give 100% honest effort in every posture, doing the postures the right way as they are explained in the dialogue, rather than modifying or avoiding them altogether. Knowing my physical limitations and exercising within them, I recognize that with good form and alignment, proper breathing and regular practice, depth will follow.
- Try to refrain from using hand towels as a support in my postures and make every effort to work through the sweat to develop and use my own strength.
- Wait to have water until after the first 3 postures allowing my body to warm up.
- Make use of the times allowed for sipping water in class keeping my mind focused and free from distractions.
- Do my best to stay silent during class. Save conversation with friends for outside the room.
- If it is absolutely necessary to leave my mat, I will do so quietly and will return when the class is OUT of the pose.
- When class is over, leave the room quietly once the teacher has left the room.
- Acknowledge that casual practice gets casual benefits. The degree to which I commit is in direct proportion to the degree in which I will see and feel mental and physical benefits. I appreciate the work I am doing to restore my health and well-being.

Contact us with questions: 650.552.YOGA (9642)

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