

Yoga Etiquette at Tauranga Yoga Centre



Here are a few things we can do to help create a peaceful and welcoming yoga space for all:

- **Arrive early** – Yoga is a time to honour your mind, body, soul, and spirit. Don't short-change yourself by showing up late. Out of respect for your instructor and your fellow students, arrive a few minutes early and get settled. And remember, if your class is popular numbers may be limited for safety reasons.
- **Enjoy every moment** - Please stay for the full length of your class and if this is not possible, please let the teacher know before class.
- **Choose the right class for you** - A *beginner* class is for people new to yoga, less regular practitioners, those looking for a gentler practice or returning after a period away from practice or after an injury/illness. A *general* class is for people with at least one year's experience who practice regularly.
- **Park wisely** – Please use the TYC parking spots (not our neighbours!) and park cars close together. It's also helpful to leave quickly after busy classes to allow incoming yogis to find a space. Try to carpool, ride a bike, or park further away and walk to your next yoga class!
- **Get comfy** – Slip off your shoes at the door and wear modest, comfortable clothing to class.
- **Keep things tidy** – Please return equipment after every class - fold blankets and stack blocks neatly.
- **Mind your scent** - Please pay attention to your personal hygiene before stepping onto your mat and avoid wearing strong perfumes as people may be sensitive or allergic to certain scents.
- **First time?** Please let us know if you're new to yoga, have any injuries, if you're pregnant or have a medical condition. Practice safely and keep an eye on fellow yogis too.
- **Watch the windows and ropes** - Keep in mind windows shouldn't be used as support during yoga practice and if you're using the rope wall make sure you have direction from a teacher.
- **Share the space** - Make room for your fellow yogis, avoid stepping on mats and respect the quiet.
- **No phone zone** – Truly devote yourself to practice and turn off your phone or leave it in the car.
- **Use the changing rooms** – Please keep your car keys, water bottles and extra clothing off the kitchen bench, reception desk or floor. They'll be safe in our changing rooms.
- **Yoga is a discipline** - Please respect and follow your teacher's instructions. Feel free to ask questions after class and during – but keep chatter to a minimum.
- **We love kids but...** it's not appropriate to bring children to classes. We welcome older secondary school students and full fees apply.
- **Pair work is up to you** – We often work in pairs to enhance learning but it's not compulsory. Please let your teacher know if it's not your thing and they'll find an alternative posture for you.
- **Hands-on help** - As well as verbal instructions, your teacher may give a 'hands on assist' to help you gain a deeper understanding of an asana (pose). If you're not comfortable with this practice, please tell your teacher before the class.
- **Have fun!**

Namaste from the Tauranga Yoga Centre Committee 2024



Tauranga Yoga Centre Terms and Conditions

In accordance with the NZ Health and Safety Act 2015, Tauranga Yoga Centre governing committee has implemented measures to ensure we provide and maintain a work environment for teachers, workers and students that is without risk to health and safety.

When participating in classes or workshops run by Tauranga Yoga Centre, I acknowledge that I am responsible for my wellbeing and understand there may be possible risks associated with a yoga practice. I have disclosed all conditions relevant to my participation in yoga (including pregnancy) and understand it's advisable to consult a doctor before undertaking yoga.

Privacy Policy

Tauranga Yoga Centre (TYC) do not, nor will we ever pass on your details to any third party. We collect your personal data to allow us to track our membership attendances and payments and in the current climate allow contact tracing.

If there are any workshops or events we feel our membership may have an interest in, we will contact you on the email provided. You may withdraw consent and unsubscribe from receiving emails from us. You can also go online to your account and amend your account

and personal details. If you have any concerns or complaints please contact TYC at info@taurangayoga.org.nz.

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