

BIKRAM YOGA

ETIQUETTE

Our school policies are in place to ensure that each student receives the same chance to enjoy and benefit from all that Bikram Yoga has to offer.

ALL CLASSES ARE 90 MINUTES

A yoga mat is required.

Please do not leave class unless it is an emergency
Let the teacher know of any medical conditions/injuries.

FRONT ROW ETIQUETTE

Front row does not require perfect postures. However, it does require discipline.
Be a good example for the people behind and around you. If you are setting up in the front row, look back, make sure you are not directly in front of someone, obstructing their view.

BE MINDFUL

No talking in the yoga room before, during or after class. Many students use the time before class to quietly meditate and center themselves as they prepare for class.
Honor the silence of the room by moving quietly.
No gum in the yoga room.

BE PRESENT

No shoes or socks in the yoga room. Please place your shoes in the provided storage area.
No personal belongings in the yoga room. No watches or excessive jewelry.
NO CELL PHONES in the yoga room at any time.

BE COMMITTED

Do not substitute and/or add postures from other types of yoga.
No advanced postures during class.

**BE HUMBLE
LOVE EACH OTHER
& HAVE FUN**



About Bikram Yoga

Bikram Yoga's twenty-six posture exercises systematically move fresh, oxygenated blood to one hundred percent of your body, to each organ and fiber, restoring all systems to healthy working order, just as nature intended. Proper weight, muscle tone, vibrant good health, and a sense of well being will automatically follow.

Bikram's Beginning Yoga Class is a twenty-six asana series designed to scientifically warm and stretch muscles, ligaments and tendons, in the order in which they should be stretched.

How to Prepare for Class

Properly Hydrate

Drink a sufficient amount of water + electrolytes 1-2 hours prior to class. You will sweat a lot and proper hydration may make the difference in your performance and enjoyment.

Food

Please eat a small meal with proper time for digestion before class. Eat a small meal 2-3 hours before class to provide your body with the fuel you need.

Hygiene

Please make an effort to come to class with a clean body, clean yoga costume, and a clean mat.

R O C H E S T E R H I L L S

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