



# Red Mountain Institute Of Yoga Psychology



## Yoga Church Guidelines

- 1) Please arrive 5 to 10 minutes ahead of start time so you can sign in, pay, and settle into a spot before class begins. (\$20 single class or \$150 for 10-class card valid for 90 days)
- 2) We offer helpful props: blankets, pillows, kneepads, support lifts, bolsters, chairs, etc. In addition, Deborah will offer easier alternatives for various practices and postures. And, please note that when you sign in for class, you are also signing off that you can safely manage your body in class without special accommodations or one-on-one instruction. If you want, before attending class, please call Deborah at 760-529-1313 to discuss any acute or chronic challenges you are experiencing so that you can make an educated decision as to whether or not you feel ready to attend the class.
- 3) We all breathe the air around us during class including during breathing exercises. Please arrive "fragrance free": no cologne, perfume, bubble bath, aromatherapy oil, cigarette smoke, pot smoke, or strong body odor. If in doubt, then shower or bathe before class.
- 4) If you need to leave before class ends, then please ask Patrick to remind you and to guide you to a time that is balanced that meets your schedule. He will be super happy to help.
- 5) Please leave sandals, shoes, flip-flops on reception shoe shelves.
- 6) Please bring personal valuables into studio with you and keep by your mat.
- 7) Please bring 2 Yoga mats (or one thick mat) for comfort on our concrete floor.
- 8) Please turn cell phones off or put on airplane mode or turn volume down to zero.
- 9) Please be balanced with yourself and your performance in class. Be compassionate with yourself regarding practices and/or postures that you cannot yet confidently perform. Be strict with yourself for practices you deem appropriate (e.g. "I will stay inward-focused and not look around the room during meditation").
- 10) Please keep the following ideas in mind:
  - ☆ You may need to rest throughout the class until you strengthen your physical conditioning over time. Give yourself permission to do so as needed.
  - ☆ You can learn some Yoga Psychology and Yoga Philosophy right away; maybe you will do well at breathing, meditation, singing, but not as well at asanas; or vice-versa.
  - ☆ You may find it all challenging but really enjoy the energy and vibration of the studio, class, students, etc. It's all okay. Everyone has challenges and everyone has strengths.
  - ☆ Do what you can and what you want. And give yourself time to get more comfortable and more confident and more competent over weeks and months and longer.