

YAMAS - DON'TS

ahimsa - non violence

- respect your own limits and others limits in body & mind
- be moderate with perfume; some may have an allergy to scents
- share with the teachers if you have any injury
- be moderate with meals 2 hours prior to yoga class
- switch off your mobile phones during classes

satya - truthfulness (not lying)

We create an environments where you can completely be yourself and we respect each others uniqueness

- be within your own truth with respect for others
- share with the teachers if you are pregnant
- share anything that might be important to know before practice

asteya - not stealing

Take good care of your body, mind & spirit. Not taking care of yourself, means you are stealing from yourself and others

- respect what is not yours, only take what is yours
- respect time and space of each other
- be in the studio 5-15 minutes before class start
- for late cancelled classes (latest 2 hours before start) or no-shows we charge with 1 class on your card or the fee of a trial class

brahmacharya - moderate

- be moderate in thought, speech & actions
- keep the calm & peace in the studio; be on time

aparigraha - non hoarding

- connect with your spirit and join classes that you need
- enjoy yoga, do not overwork your body & mind

SAKTIISHA HOUSE RULES ARE BASED ON YOGA SUTRA'S YAMAS & NIYAMAS

NIYAMAS - DO'S

sauca - cleanliness

- keep your body clean, but also your mind (thoughts)
- help us keeping the studio's clean; clean up all stuff after classes
- eating (and preferably also drinking) during is not desirable
- leave your shoes in the changing rooms, enter yoga rooms without shoes
- respect the space of others, don't walk on others yogamats

santosha - contentment

- we have limits as any one else have; be content with what you can and what we can
- when you arrive after class start time you might not be allowed to join the class; take into account all others who arrive in time

tapas - re of perseverance

- your goals can be reached only when you persevere in your practice.
- but take into account 'ahimsa' and 'aparigraha' - practice comfortably

svadhyaya - self study

- yoga is more than body postures; it is a way to gain more self-insight and personal development
- consult a medical doctor if you are not sure if yoga practice is good for your state of health
- know your body, know your strenghts and weaknesses and share this with the teacher

ishvara pranidhana - surrender

- yoga is discovering there is a bigger picture; surrender to that.
- yoga is for everyone; we support the community with free / donation based yoga classes