

YOGA CLASS RULES

- 1) **“DO NOT HURT YOURSELF!”** If you find that an exercise or pose aggravates your pain SKIP IT! Everyone is different and not every technique will be appropriate for everyone.
- 2) Bring a notebook or something in which you can begin to make a list of helpful Yoga practices you have learned in class. This will then become the basis of a personalized Yoga program which you can practice on your own and take with you after you have left the program.
- 3) Leave your boots, shoes, jackets, etc.. in the storage area by the door. No boots or shoes in the Yoga area.
- 4) Keep cellphones off or on vibrate mode and leave them in the storage area.
- 5) At the end of each Yoga class, patients will use antimicrobial wipes to clean their Yoga mat and any pillows, bolsters and other equipment they may have used.
- 6) At the end of the last Yoga class of the day, patients will return their mat, and any pillows and bolsters they may have used to the storage rack.

