

Breathing Room Etiquette

Arrive Early

Give yourself enough time to get comfortable and focused before class starts.

Remove Your Shoes

Keep shoes and other items you will not use during class packed together by the door or against the wall. Let your practice space be clear of distractions.

Turn Off Your Electronics

Anything that rings, dings or buzzes should be turned off.

Aim to be Odor-Free

If you use deodorants or perfumes that are high in aroma, wash them off or don't wear them to class. These smells can distract people around you, or cause allergic reactions.

Don't Chat with the Person Next to You

Especially once class begins, give yourself and those around you the opportunity to be quiet and go internal.

Practice Ahimsa

This means practicing non-violence through compassion and kindness towards yourself and others. It applies to how you think about yourself and make decisions for yourself during your practice. It applies to how you think, speak and act towards all beings while you are in Breathing Room.

Take What You Learned With You

Hopefully, your focus in class has little to do with etiquette and rules and much more to do with gaining a better understanding of both the practice and yourself. Most likely, you'll feel a great sense of invigoration, peace, relaxation, and inspiration after class. If this is the case, there isn't a better way to show gratitude to the teacher and honor the practice than to spread this sense of peace to others throughout your day.

