

Learn about Yoga & why there is a studio etiquette.

न हि ज्ञानेन सदृशं पवित्रमिह विद्यते ।
तत्स्वयं योगसंसिद्धः कालेनात्मनि विन्दति ॥ 38॥

There is nothing more pure in this world than knowledge of the true self.

In due time, this will come to the devoted practitioner of yoga.

*na hi jñānena sadṛiṣhaṁ pavitramiha vidyate
tatsvayaṁ yogasansiddhaḥ kālenātmani vindati*

-Bhagavad Gita: Chapter 4, Verse 38

Want to know more about Yoga?

The literal meaning of the word **Yoga** means "yoke", "Union", or "to join". Through history Yoga has been referenced in many different contexts and has evolved into many different methods but in its essence of a practice it is said to allow us to move from a dualist (or egocentric) experience into something non-dualistic (Absolute Self Realization). Yoga, in this context of union with the divine, or absolute, can be found and described in many spiritual texts from both the West, like in the bible when Jesus says "My yoke is easy", or even more commonly of the east like in the Bhagavad Gita where Krishna explains methods of attaining self realization through action/Karma, knowledge/jnana, and ultimately love/bhakti. One of the most known texts introducing and explaining Yoga as a practice, are the Sutras of Pantanjali. These could be said as a more technical outline, non denominational approach on the process to self realization, and where the 8 limbs of Yoga are presented. The first 4 limbs of yoga deal with purification both inwards and outwards and prepare the yogi for the last 4 limbs which get into more deep contemplation, meditation, and ultimately the final push to full "self" awareness. The limb most familiar to us from the west is # 3, **Asana**, literal meaning to stay still but has become the word used for the poses we take in our classes. The idea behind taking these poses is to allow the body to be more open and receptive, as well as be more comfortable in the ideal positions for meditation. This is where the practice of Hatha yoga is born & where we learn and combine the poses and the breath in an exercise. This exercise has evolved into many forms of physical practice, including the

Vinyasa yoga we practice in studio. But before we get to the poses and the breath, which is more focused on in the 4th limb of yoga (Pranayama), there is the first two limbs including:

1. Yama - our ethical principles including honesty, non stealing, non hording, not harming others, & levels of self control.

2. Niyama - our observances and actions of purity, contentment, austerity, self study, and surrender.

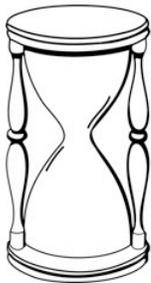
....It s important to know that the yoga sutras introduce these concepts before introducing us to poses and breath. Not saying one has to incorporate this into their yoga however it is said to be necessary at some point to progress in all forms in yoga.

So just like we advise in your poses, everyone has the right to go as deep as they feel ready in their practice. One does not need to attain enlightenment. The choice is yours, however in any yoga studio or practice we must consider that any person around us may be going deeper then we choose, so from this, and in direct relation to the first two limbs of Pantanjali's yoga system, we, like other studios have a studio etiquette to follow.

What is this studio or Yoga etiquette?

To see more you can [CLICK HERE](#) to view our about studio page with more details.

..but here are some quick and very important ones:



ARRIVE ON TIME

NO CELL PHONES



PLEASE USE SELF RESTRAINT FROM
TALKING OR MAKING NOISE

IF YOU NEED TO LEAVE EARLY,
KINDLY EXIT QUIETLY AND
BEFORE SAVASANA (RESTING POSE)

