



## **BYSJ NEW STUDENT PLEDGE**

*As a member of Bikram Yoga San Jose, I pledge to:*

- Dress in light, non-restrictive clothing for class.
- Drink sufficient water in the 24 hours prior to class to assume proper hydration.
- Refrain from eating 2-3 hours prior to class.
- Bring my own mat & towel. (After the first day they are \$1 each or \$20 for monthly service.)
- Sign in BEFORE class starts with plenty of time to register as a new student or renew class packages.
- Take shoes off, dispose of gum, turn off cell phone, and leave keys and personal items in cubbies before entering the yoga room.
- Be mindful of air quality (deodorant is great; strong perfumes, colognes or lotions are not.)
- Upon entering the yoga room, release expectations, open the mind and trust the process.
- Be aware of the space around me, ensuring fellow students have visibility in the front mirror.
- If arriving late, do at least 10 pranayama breathing exercises and join the class on second set of Half Moon. (Note: the door is locked at Half Moon warm-up.)
- Pause during class to recline or sit if I feel faint, or experience dizziness or nausea.
- Give 100% honest effort in every posture, doing the postures the right way as they are explained in the dialog, rather than modifying or avoiding them altogether. Knowing my physical limitations and exercising within them, I recognize that with good form and alignment, proper breathing and regular practice, depth will follow.
- Try to refrain from using hand towels as a support in my postures and make every effort to work through the sweat to develop and use my own strength.
- Wait to have water until after the first 3 postures allowing my body to warm up.
- Make use of the times allowed for sipping water in class keeping my mind focused and free from distractions.
- Do my best to stay silent for the full 90 minutes. Save conversation with friends for outside the room.
- If it is absolutely necessary to leave the room, I will do so quietly and return to the class when the class is OUT of the pose.
- When class is over, leave the room quietly once the teacher has left the room.
- Acknowledge that casual practice gets casual benefits. The degree to which I commit is in direct proportion to the degree in which I will see and feel mental and physical benefits. I appreciate the work I am doing to restore my health and well-being.

**Contact us: 408.255.9910 [www.bikramyogasanjose.com](http://www.bikramyogasanjose.com)**