

## **YOGA SATSANG ASHRAM commitments 😊**

**These are in place to help us all grow smoothly together!**

1. Enter in the Ashram with Smile and Happiness.
2. Every one is equal - there is no competition here.
3. Respect each others views and opinions.
4. Give each other space and silence when needed.
5. There is lot to learn in a short time, so please try not to waste any time in gossiping during the schedule – this is for your benefit.
6. During the yoga class or session try to stay focused on subject and what being taught that may take up time please ask questions at the end of session.
7. The Yoga studio is a space for yoga practice only, and ideally practice mauna (silence) when in this space before class and prepare your mind for the teachings.
8. In traditional ashrams when the teacher enters the room we stand up holding namaskar mudra as an offering of our respect and gratitude for what we are about to receive.
9. In ashram tradition please wear comfortable clothes that cover the body as much as possible so you can enjoy your sadhana without distraction to yourself or others.
10. Every one has their own reasons, aims and goals for yoga sadhana, please respect each other, and focus on your own path.
11. Please use Namaskar- a beautiful gesture/ mudra to great each others spirits by joining hands to heart at arriving and departing the class space.
12. Always be on time - or don't arrive late and take up everyone's time telling us why - just join in quietly.
13. Please undertake the course sincerely and with happiness, the more put in the more you get out!
14. Please respect this ashram as a place of pure yoga practice, although we support other complimentary therapies other practices/therapies should be practiced or discussed outside of the course time please.
15. We are not here to look, judge or observe others – the only person you are here to reflect on is yourself!
16. You can make an appointment to discuss any personal issues with us – but again please be mindful not to take up too much group / session time with your personal issues as there is so much to get through in the course contact time with us.
17. Please note the fields around the Ashram are the farmers and we are not allowed to walk in them, there are no public footpaths around the ashram.
18. Please stay fully focused on the Yoga Practices whilst you are here, phone and internet use should be zero, or only when necessary.
19. Please report any breakages and take responsibility



STRICTLY NO DRUGS, SMOKING OR ALCOHOL COMSUPTION IN  
AND AROUND THE PREMISES.



Yoga Satsang Ashram, Wales, UK [www.ashram.yogasatsang.org](http://www.ashram.yogasatsang.org)