

Ramamani Iyengar Memorial Yoga Institute

Protocol

We have been requested by the RIMYI in Pune to share this information with all students planning to attend classes there.

Please know that attending classes at this Institute is a privilege and not a right.

All classes are taught in English. Knowing the Sanskrit names of all asana-s is required. Students should have a working vocabulary in English, and should have listened to many of the available CD's of classes to familiarize themselves with Prashantji's and Geetaji's pronunciations and use of terms.

Before entering the Institute building shoes must be removed and place in the metal racks provided for this purpose. This area is protected and there is a guard to watch that your shoes don't disappear. Therefore **do not** put your shoes in a bag and take them into the institute.

The ground floor is where the following business is conducted:

- 1) Class fees paid for general classes and observing classes. Class tuition may be paid in travelers checks, or in cash (Rupees, Dollars or Euros)
- 2) When buying books, CD's, DVD's from Chandru, or CD's from Parvez (Prashant's class recordings): Chandru can accept credit cards. Parvez requires cash.
- 3) Additional purchases: blankets, belts, various foam pads. Payment in cash.

CLASSES:

Please bathe prior to class whether you attend morning or evening class.

The advanced classes and practice hours are offered on the first floor. Intermediate and beginner classes meet on the second floor. Your class schedule will be given to you at the time you pay your tuition. Chandru and/or Pandu will guide with determination of class schedule. Classes are assigned based on whether you are first time student or have attended multiple times.

During classes there are quite a few routine behaviors that students are expected to know, but many first time students may not be aware. Below is a list of these:

- 1) **Props for asana class:** The prop room is at the opposite end of the hall from where one enters. Prepare for the invocation by providing yourself with a sticky mat and appropriate blanket support to sit.
- 2) **Props for pranayama class:** get a thick mat (one stack is found at each end of the hall), a bolster and generally one blanket.

Find a place and position yourself in vertical rows, radiating from the center of the room in front of the raised platform where the teacher will begin class.

Props when requested can be passed out of the prop room to the students. This applies to chairs, belts, blocks, bolsters and blankets.

A request to “alternate yourself” means that the person on the center vertical line in front of the raised platform lies with head towards the platform and the persons going outwards to the left and right of the center person, their head is in the opposite direction continuing to the end of each line. This allows the hands to be placed between your neighbor’s forearm and torso for savasana without restriction for your hands and arms.

Setting up the mats for Sarvangasana – this means that pairs of students go to the thick mat stacks and take 3 or 4 mats and place them parallel to the front of the room. Generally 4 rows are placed, all parallel and in a straight line. The first row is placed 3 feet from the front of the stage and then each successive row is placed with about 3 feet between the rows. The piled mats provide the base for Sarvangasana. More height may be added if required (sticky mat and blanket). You may also be asked to “alternate yourself” for Sarvangasana as described above, especially for doing Sarvangasana variations. Do not assume that the set-up for each class is exactly the same. Listen carefully to each teacher and assist each other so the class can proceed smoothly.

Women on their cycle should know what is contraindicated to be practiced during menses. Listen carefully for what the teachers request menstruating women to do and follow that. Those not well should let the teacher know and follow their instructions. If you have a fever, bed rest is best. Stay home.

Observing Classes

One must request permission to observe either the general classes or medical classes. There is a fee to do so.

When observing, be aware of how you are impacting the students taking the class. This is of the utmost importance.

If you are sitting at the back of the room near the windows act responsibly/move to give space for those attending class.

If you are sitting in the stairwell you must move to allow students to get in and out of the second floor class room. The stairwell is circular, therefore be sure to give the broader part of the staircase for these students to ascend and descend.

Talking in general in the asana room is kept to a minimum. Keep your conversation to yoga related issues. Gossip is not encouraged in the practice sessions or before class while waiting for the teacher to begin.

While waiting to enter the hall for class, stay to the left side of the stairwell so those leaving a class can descend.

Be on time. Dress appropriately (sleeveless & low cut shirts are not). Keep shirts tucked in.

To help the teachers:

After the invocation any blankets, bolsters, not required for immediate use should be placed so that the teachers may walk around the room and adjust the students without the worry of tripping over the props.

At the end of class all props are to be put away and the entire hall cleared before anyone leaves. Put away more props than you took out. This will insure that the clean up is quick and easy.