

YOGA CLASSROOM

ENVIRONMENT CHECKLIST



Yoga Classroom Environment Checklist

This checklist emphasizes creating a harmonious space by integrating nature-inspired elements. It advocates for maximizing natural lighting, incorporating greenery, using eco-friendly materials, offering outdoor practice options, and fostering mindfulness practices rooted in nature for enhanced well-being and connection.

Natural Lighting	<ul style="list-style-type: none"><input type="checkbox"/> Ensure ample natural light.<input type="checkbox"/> Position mats near windows.<input type="checkbox"/> Consider skylights for brightness.	
Greenery and Plants	<ul style="list-style-type: none"><input type="checkbox"/> Incorporate indoor plants.<input type="checkbox"/> Choose air-purifying varieties.<input type="checkbox"/> Create green walls or partitions.	
Natural Materials and Décor	<ul style="list-style-type: none"><input type="checkbox"/> Use bamboo, cork, or wood.<input type="checkbox"/> Opt for eco-friendly accessories.<input type="checkbox"/> Integrate nature-inspired artwork.	
Outdoor Practice Spaces	<ul style="list-style-type: none"><input type="checkbox"/> Offer classes in parks or gardens.<input type="checkbox"/> Organize nature walks or meditations.<input type="checkbox"/> Provide outdoor seating areas.	
Mindfulness and Nature Integration	<ul style="list-style-type: none"><input type="checkbox"/> Include nature meditation.<input type="checkbox"/> Encourage awareness of surroundings.<input type="checkbox"/> Offer themed yoga classes inspired by nature.	

Additional Reminders:

- Care for indoor plants regularly.
- Opt for outdoor sessions in good weather.
- Enhance the ambiance with natural sounds.
- Foster gratitude for nature's gifts.
- Continuously integrate nature for better practice.

Checklist Yoga Practice

**Patricia L. Gerbarg, M.D., Philip R.
Muskin, M.D., Richard P. Brown, M.D.**

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