

# 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.

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

### 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

**Daniela Niemeyer**



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