

# YOGA CLASSROOM

## ENVIRONMENT CHECKLIST

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## 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                   | <input type="checkbox"/> Ensure ample natural light.<br><input type="checkbox"/> Position mats near windows.<br><input type="checkbox"/> Consider skylights for brightness.                    |  |
| Greenery and Plants                | <input type="checkbox"/> Incorporate indoor plants.<br><input type="checkbox"/> Choose air-purifying varieties.<br><input type="checkbox"/> Create green walls or partitions.                  |  |
| Natural Materials and Décor        | <input type="checkbox"/> Use bamboo, cork, or wood.<br><input type="checkbox"/> Opt for eco-friendly accessories.<br><input type="checkbox"/> Integrate nature-inspired artwork.               |  |
| Outdoor Practice Spaces            | <input type="checkbox"/> Offer classes in parks or gardens.<br><input type="checkbox"/> Organize nature walks or meditations.<br><input type="checkbox"/> Provide outdoor seating areas.       |  |
| Mindfulness and Nature Integration | <input type="checkbox"/> Include nature meditation.<br><input type="checkbox"/> Encourage awareness of surroundings.<br><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

**Katrin Zwirglmaier**

A red circular graphic with a gradient, appearing as a stylized arrow or a partial circle, located to the right of the author's name.

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