

There are so many ways businesses can lead the way in looking after our world. Here is a continuation of how yoga studios can contribute, although the ideas can be carried across to other industries as well. Again, thanks to Mojgan from Newport Yoga Studios for her help in writing this.

Web Hosting

Since you now have your schedule online, think about switching to a wind powered (or another form of sustainable energy) web-hosting company. This will allow you to feel even better about going paperless.

Cleaning

Plants can help you keep the air clean as well as create a natural and welcoming atmosphere. Choose plants that are known for their ability to take toxins out of the air such as English Ivy or the Rubber Plant. This will help your yogis breath deeply during the classes. To learn more about using plants to keep your air clean, go here...

<http://www.torontobotanicalgarden.ca/mastergardener/OldPages/cleanair.shtml>

Everyone will appreciate your choice of nontoxic natural cleaners and there are more options available each day. If you can, buy your cleaners from a local company to cut down on transportation emissions.

Since we are talking about cleaning up, use towels instead of paper towels. When you have no choice, use recycled paper in the kitchen and bathroom. And while we are in the bathroom and kitchen, switch to water saving devices when you are buying new.

Sharing Space with your community

When you are not using your space, offer it up to the community for events that fit in with your values. These might be educational events about a raw food diet or a dance class. You can advertise these events on your website to your yogis as value added lifestyle workshops. You might need to charge a nominal amount to cover overhead such as lights and heat during the event.



Educating Employees/Instructors/Yogis

First off, let everyone know exactly what you are doing and how this will make the planet liveable now and in the future. Don't just tell, employees, instructors and yogis, but also your community. Be a leader and educate others. Call the local press and let them know what you are doing...oh that should be part of the marketing/advertising section!

Ask your employees, instructors and yogis to go on a green plan with you. Every three weeks, let them know what step they need to take for the next 21 days. It could be no water bottles, or walking to the studio. Maybe during those 21 days new habits will be formed. Make it fun. Each time someone shows up with a non disposable water bottle, let them put they name in a box. At the end of 3 weeks, pick a winner to receive a special prize such as a free class, a discount on their next month or some eco-friendly, socially-just chocolate. (Oh, and don't forget to let your community know what you are doing! Maybe other businesses will catch on.)

If you would rather these initiatives be facilitated with someone else, then maybe consider RunforOnePlanet. They offer many challenges that yogis can take together and provide information as to how these challenges actually make a difference in our environment.

Keep public transporation information handy at the studio or have a "how to get her on public transit" on your website. Make sure there are bike lock ups somewhere accessible to you.

Water

If at all possible install a water fountain in the studio, or provide reusable water bottles (either for purchase or for re-use) to encourage your yogis not to bring plastic water bottles. We have all been in those situations where you go to yoga right after work and have forgotten your stainless steel bottle — what do you do? Quickly stop at a convenient store and purchase a plastic water bottle. Well, not if you can get some water at the studio.

Why not brew some organic tea? After class, the yogis can sip some tea and get to know each other better. After all, yoga is all about community building.

Merchandise

If you are selling merchandise such as yoga mats, yoga bags, hoodies and t-shirts try as much as possible to carry eco-friendly products.

[Can practicing yoga contribute to a green environment?](#)