



## **CONSCIOUS LIVING ARTS: Committed to Sustainability**

Green Yoga Association  
Sustainable Amery Member

### **Recycled, Re-Used or Renewable:**

- Yoga mats are made from a renewable natural rubber and not PVC.
- Bolsters, eye pillows, blocks, and straps are mostly all handmade out of reusable or renewable materials.
- Most furniture (shelving, product displays, etc.) is second hand.
- Handouts, lessons, and anything else printed is on 100% recycled paper, if white, and at least 30% recycled if colored paper is used.
- Books (used prior) about yoga, personal growth, spiritual and creative renewal, and sustainability are available through the studio lending library.

### **Non-toxic**

- Mats are sprayed with tea tree/eucalyptus oils mixed with water.
- Cloth cleaning rags are used.
- Only cleaning supplies without harmful chemical agents are used.
- Teacher walks or bikes to class whenever possible to reduce pollution.

### **Conservation:**

- Carpooling, bike riding, and walking to class are encouraged.
- Low-watt energy lighting is used wherever possible.
- Conservation of heating, lighting, and other natural resources is practiced.
- E-mail is used for communication as much as possible with limited paper being utilized for mailings.

### **Local Resources:**

- Food served is preferably grown organically and purchased locally.
- Some herbs used in teas are grown locally.
- Essential oils, candles, some supplies are purchased from local retailers.
- Space is leased locally from individuals also committed to sustainability.
- Owner, Cindi Buenzli, participated in the local Natural Step Study Circle.
- She is also an active member of the Sustainable Amery committee.

### **YOGA & Community:**

- Studio is a member of the Green Yoga Association ([www.greenyoga.org](http://www.greenyoga.org))
- Lessons about how we are interconnected are woven into yoga class.
- Practice is reflective of the changing seasons, our natural world, and our connection to the environment and our ecological roots.
- Yoga is more than just a way to keep fit, but a way of life to bring each of us into full awareness of both who we are and how we are all one.

***spreading peace and creating mindfulness toward ourselves and our earth***