Teaching Yoga at LBNL

More information on our yoga club website [yoga.lbl.gov](http://yoga.lbl.gov)

- **Contact Info**
  - Marion Russell [MLRussell@lbl.gov](mailto:MLRussell@lbl.gov) | 510-364-0753 (M) | 510-486-7206 (O)
  - Karen Salvini [KLSalvini@lbl.gov](mailto:KLSalvini@lbl.gov) | 415-336-5650 (M) | 510-486-6771 (O)

- **Payment**: class payment goes to the instructor directly, and is $15 per student
- **Class Size**: We typically cancel class by 9am if fewer than 3 students plan to attend; class size ranges from 3, to as high as 10 on occasion
- **Students**: the class students are congenial, professional, scientific & operational staff, with a range of yoga abilities (from new to 20+ years of yoga), and grateful to have yoga at work!
- **Waivers**: Although we tend to have a fairly regular crowd, if anyone is new to the Lab’s yoga classes, they will need to fill out a waiver, which is in the tray with the straps
- **Props**: we have plenty of mats, blankets, blocks, and straps, (and even some wedges and sand bags), so you do not need to bring any props unless you require something extra.
- **Classroom**: class is held in a carpeted conference room (not a dedicated yoga room), so we need to take time before and after class to move tables/chairs, and get/put away yoga props
  - Aside from moving/stacking tables & chairs out of the way, there are two unlocked cabinets in the hallway adjacent to the room that hold all the yoga supplies
  - We use chairs to shuttle equipment the short distance between the room and the cabinets; the first people to class usually try to get enough supplies for everyone

- **Getting Here**:
  - The Lab is a secure facility, so we will provide you with a day pass for riding the shuttle onto the Lab property, or parking.
  - If you are able, we suggest you take the [blue shuttle](http://blue-shuttle.lbl.gov) instead of driving, which is typically every 10 minutes with various stops starting at downtown Berkeley BART, and dropping off fairly near where yoga is held (building 65 (tiny red building below) or building 70).
  - Parking can be challenging at lunchtime, so if driving, please plan to arrive early, via Cyclotron Rd & Blackberry Gate.
  - See the interactive map: [map.lbl.gov](http://map.lbl.gov)

- **Finding the room**
  - Regular Room 70A-3377
  - Alternate Room 70-191