



Maryland Green Registry MEMBER

The Maryland Green Registry promotes and recognizes sustainable practices at organizations of all types and sizes. Members agree to share at least five environmental practices and one measurable result while striving to continually improve their environmental performance.

extendYoga



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Yoga Studio
Member since April 2017

Management and Leadership

Environmental Policy Statement

extendYoga's guiding principles are social responsibility and sustainability. We are committed to the health and well-being of everyone in our community and our environment.

<https://extendyoga.com/community/green/>

Environmental Team

All staff are trained to on how to operate our business as green as possible and must adhere to our current green policies: <https://bit.ly/2SOxK5K>

We check in every month to make sure everyone is on board, share new ideas to maintain/enhance our "green operation guidelines" and review any other "green" protocols and initiatives that should/may be implemented.

Environmentally Preferable Purchasing

Our green purchasing criteria: When we choose to identify and select environmentally preferable products, their life-cycle stages should cumulatively (and individually to the greatest extent possible) have the following characteristics:

- *Cause minimal adverse environmental impacts;*

- *Incorporate as much recycled content and salvageable/reusable materials as possible, leading to highly reusable/recyclable/recoverable product components for which recycling facilities or collection systems are available and arranged (or encouraged) to be used;*
- *Avoid, or at least minimize the incorporation or use of, hazardous chemicals/ materials that cause environmental harm and jeopardize the health of producers and users;*
- *Result in reusable, refillable and biodegradable products for waste avoidance or reduction [whenever practical];*
- *Conserve energy and natural resources; and*
- *Incorporate and optimize renewable resources use [throughout the full life-cycle and in terms of both material inputs and energy sources].*

At least 90% of our cleaning products are eco-friendly.

Our Current Green Vendor List:

Retail products:

- ***Manduka yoga products:*** *all 80-99% sustainable (Yoga mats, Yoga towels, yoga mat straps, yoga blocks)*
- ***eQua yoga towels:*** *sustainable materials*
- ***Liforme yoga mats:*** *biodegradable and sustainable materials*
- ***Keep it Simple Sisters (KISS) products:*** *portion of sales support Girls on the Run*
- ***Chavez for Charity jewelry:*** *portion of sales support various charitable organizations*
- ***Made with Love bracelets:*** *proceeds help children and women, the homeless and the hungry as well as abandoned or endangered animals, mainly in Brazil and Africa*
- ***Branded Clothing and Clothing Printing:*** *sustainable/ organic/ materials and printed with environment in mind*
- ***Handmade Jewelry:*** *made with recycled/reusable materials in small batches*
- ***Books:*** *locally written/printed, portion of sales support Evermay Farm*

Locally made:

- *Handmade jewelry and journals from various local artisans*
- *Handmade journals, mat carrier bags, eye pillows*
- *Handmade/Soy Candles (all natural, local)*
- *KISS: Handmade candles, body scrub. Lip gloss*
- *Kiwi Kozy neck pillows*
- *All extendYoga branded/printed clothing- printed locally*

Environmental Restoration or Community Environmental Projects

We keep our studio green and clean, but we also keep our roads clean! By being a part of the [Montgomery County Adopt A Road \(AAR\) program](#), we clean [our adopted road](#) at least six times a year and help reduce trash and litter along County roads and maintain a clean environment. The best part? Ultimately, we help protect the Chesapeake Bay! (Litter that is washed into storm drains, travels to nearby creeks, streams, major rivers, and eventually can reach the Bay). If you'd like to help/volunteer in our every-other-month road cleaning, email: info@extendyoga.com.

Waste

Solid Waste Reduction and Reuse

We hardly use any paper. Everything is electronic including receipts, which we e-mail to our customers. We use scrap paper and use both sides of the paper. We also repeatedly refill rather than replace our ink cartridges and we don't sell plastic water bottles (we've got water fountains – drink up!) We also donate all clothing and other lost and found goods.

Recycling

We recycle about 1 large trash bag of recyclables 2-3 times a week (~5 lbs a week or 260 lbs a year). We also recycle/donate any lost and found yoga mats and water bottles that are not claimed.

Energy

Energy Efficiency

Our energy efficient operations include:

- energy efficient HVAC systems and LED lighting are used throughout the space*
- we launder our rental towels in a high efficiency washer/dryer and with green/eco-friendly detergent*
- we avoid vampire energy: appliances/electronics are unplugged at closing each day*
- timers are used on outdoor lighting to save energy*

Renewable Energy

We run on 100% wind power provided by [CleanChoice Energy](#).

Transportation

Efficient Business Travel/Customer Transportation

We installed a bike rack for our customers (thank you Montgomery County Bikeways program!)

Water

Water Conservation

We use a high efficiency washer that reduces water usage.

Environmental Certification Programs, Awards, and Other Activities



- *extendYoga is proud to be a [Certified Green Business](#) in the Montgomery County's Green Business Certification Program. Learn more about what it takes to officially be a green biz [here](#) and below in our daily operations and Eco processes.*
- *We are a proud [Trees For the Future](#) member. Meaning we happily plant one tree for every full price [class package](#) purchased at extendYoga. (Rule of thumb for tree planting: one mature tree can offset between 40-50lbs of carbon per year. One large tree can provide a supply of oxygen for two people. We plant ~5,000 trees a year).*
- *We are an [EPA Green Power Partner](#). As a partner, we are helping support the development of new renewable generation capacity nationwide while also helping protect the environment.*

Protecting our environment is not only one of our missions, but we are committed to sharing with others how they can help too! We participate in worthy charities and organizations, frequently offer cause-related classes and events and strive to make yoga accessible by offering consciously affordable classes.

*Please check out our Green page on our website to learn more!
<https://extendyoga.com/community/green/>*

Profile Updated May 2020



Help build a greener, more sustainable Maryland through voluntary practices that reduce environmental impacts and save money.

Learn more at green.maryland.gov

