



## 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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[extendyoga.com](http://extendyoga.com)  
Yoga Studio  
Member since April 2017

### Management and Leadership

**Environmental Policy Statement**

*extendYoga's guiding principles are social responsibility, a commitment to giving back and caring for the environment.*

<http://extendyoga.com/community/green-efforts>

**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://drive.google.com/file/d/0BwDZGUw8EHlyZUtINTczVVhYOXc/view?usp=sharing>

*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)*
- ***Manduka clothing:*** *organic bamboo cotton and sustainable materials*
- ***Lily Lotus clothing:*** *organic bamboo cotton and sustainable materials*
- ***Pura Vida bracelets:*** *portion of sales support various charitable organizations as well as provide full time jobs for artisans in Costa Rica*
- ***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*
- ***Lokai bracelets:*** *portion of sales go towards supporting cause such as: World Wildlife Fund, Best Buddies International, Cure Alzheimer's Fund, Pencils of Promise (PoP), charity: water, Music Beats Hearts, American Himalayan Foundation, Bent On Learning, Kind Campaign*
- ***Canvas tote bags:*** *printed locally, promote using reusable bags versus plastic bags*
- ***Yoga Salutes Non Violence car magnets:*** *all proceeds from sales go to Yoga Salutes Non-Violence*

*Locally made:*

- *Handmade jewelry and journals from various local artisans*
- *Handmade Habitat: Soy Candles (all natural, local)*
- *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).*

## **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 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.*

## **Other**



- *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!  
<http://extendyoga.com/community/green-efforts>*



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

*Learn more at [green.maryland.gov](http://green.maryland.gov)*

