

FAQ's for Beginners

Yoga helps to maintain balance, manage stress, and improve health and vitality. We offer classes starting at a beginner level in a friendly and supportive environment where you can explore the benefits of yoga as part of a balanced lifestyle.

What do I do when I get to the studio?

Arrive 10-15 minutes before your first class starts. There are 2 registration forms to complete. The instructor will take a few minutes to learn about any of your concerns or health issues. Please remove your shoes, put your belongings away, print your name on the sign in sheet and arrange your yoga space. At the end of class, please put away the props and if you borrowed a studio mat, spray it with the cleaner provided, wipe it dry and roll it up for the next student.

What should I bring to class?

Yourself! We are a fully equipped studio, with mats, blocks, straps, bolsters, eye pillows, and blankets. You can bring a towel and a water bottle.

What should I wear?

Loose, stretchy, comfortable clothing. Socks are optional - you can wear them to class, just plan to take them off when you start your practice. Please avoid strong scents in the yoga space.

Do I have to be flexible??

NO! Yoga is for everyone! You just need to know where your limits are and have patience with yourself. Our instructors will happily provide you with modification options for any pose, so that you can receive all the benefits without pushing or hurting yourself. Just remember to listen to your body and practice self-compassion.

Q: How many times a week should I practice?

You will see benefits from attending a class even once a week. Try to practice according to how you feel and determine a routine that works best for you; a little yoga every day or a longer practice a couple times a week.

Q: How do I prepare for class?

The most important thing to remember is that practicing is an exploration. Each pose is an experiment. Go slowly and listen to your body. And remember to breathe. When you are breathing in harmony with your movements, you are paying attention in a deep way.

Consistent practice over a period of time will lead to results. If you stick with yoga, you will enjoy greater health and well-being as a result.

Q: Do I have to prepay/register for class or can I just show up?

You can drop in for \$10 a class or purchase a package of class passes (5 for \$45 or 10 for \$90.)

Q: Does yoga help relieve stress?

Yes, yoga is one of the best ways to reduce the stress in your life. Yoga teaches you to relax and focus within your practice. With a little time, this discipline becomes a part of your everyday life.

What are the benefits of yoga?

The sincere practice of Yoga postures benefits all levels of experience: From the restoration of balance, flexibility, poise, health and well being to the body, to the cultivation of mental equanimity, emotional balance, and inner strength.

On a physical level Yoga postures stimulate the glands, organs, muscles and nerves in ways that traditional exercise cannot. Muscle tightness and strain is quickly relieved and both circulation and digestion improves. Stress-related symptoms like poor sleep, fatigue, muscle spasms, anxiety, and indigestion are greatly improved. Yoga postures can have a profound effect on the inner dimensions of life, establishing deep calm, concentration, emotional stability and confidence. Through regular yoga practice, total body yoga will provide members with overall, "total body" wellness including:

- Reduced stress, one of people's biggest concerns today
- Improved sleep and energy levels
- Increased range of motion and flexibility
- Memory improves
- Lowered blood pressure
- Better body tone
- Increased strength and endurance
- Improved balance and steadiness
- Improved digestion
- Natural weight loss
- Lower blood pressure
- Anxiety and depression decrease
- Cardiovascular efficiency increases
- Relaxed and clear mind
- Increased agility
- Improved coordination
- Improved posture
- Increased body awareness
- Mental relaxation
- Strengthened immune system
- Concentration improves