

## Frequently Asked Questions

- [What is Yoga?](#)
- [Why do Yoga?](#)
- [If I have never done Yoga, what do I need to know?](#)
- [How long is a class?](#)
- [Do I need to make a reservation to come to class?](#)
- [How much does a Yoga or Dance class cost?](#)
- [How do I know when my Yoga Stimulus Plan has run out?](#)
- [How often should I do Yoga?](#)
- [How often do the studio schedules change?](#)
- [Why should I sign up for the Instant Karma e-mail list?](#)
- [Other Questions?](#)

### What is Yoga?

Yoga is not a religion. The word Yoga means "union": the integration of mind and body through exercise, meditation and breathing.

On the physical level, yoga uses various poses, called "asanas", these postures keep the spine supple, promote blood flow, build strength and increase flexibility. On a mental level, yoga uses breathing techniques to quiet, clarify and discipline the mind.

A yoga class is a bit like a game of "simon says". Your yoga teacher leads the class through a variety of yoga postures that work different parts of your body. All Yoga classes are different and each teacher has their own distinct style. You should try different teachers to find which ones best suit your needs.

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### Why do Yoga?

There are many health benefits from doing Yoga. It is an established fact that people who engage in weekly exercise live longer, healthier lives.

## FAQ's

Some of the benefits of yoga can include:

- Lower blood pressure
- Reduced stress
- Increased strength and muscle tone
- Reduced back pain
- Increased flexibility and range of movement
- Better balance and posture
- Stronger heart and lung function
- Increased blood flow to organs, glands and tissue.
- Easier movement and improved mobility as you age

Yoga also acts as a mood elevator and can create a sense of well-being. Simply put, people who do yoga, enjoy feeling better.

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## If I have never done Yoga, what do I need to know?

When you get to class, by the front door there is a low table with a sign-in sheet for your class. Print and then sign your name. Next check the appropriate box depending on whether you are a drop in student (\$10 per class) or check the class card box, if you have a Yoga Stimulus Card. (With the Stimulus Card, you buy 12 classes and get them at the reduced rate of \$8.per class.)

Your first time to class, if you have any injuries or physical limitations tell your instructor so they may suggest alternative postures based on your needs.

Wear loose and comfortable or stretchy clothing. Dress in layers, so you can heat up or cool down as you need during class.

Always listen to your body during a yoga class. Never push past what feels right or comfortable to you. Everyone is different and you need to honor what your body tells you it needs. If you become fatigued, take a break in child's pose. This is a posture of rest your instructor will show you. Rejoin the class when you feel ready. As you do more yoga you will grow stronger and be able to do more of the class.

Bring water. Some yoga teachers do not recommend drinking a lot of water during class, which can lower your body temp, but if you get thirsty,

## FAQ's

do hydrate and after a yoga class it is always good to drink lots of water.

We have yoga mats for use in the studio if you don't own your own, we recommend you buy your own mat if you plan to come to yoga regularly. We clean our mats often but its best to have your own for hygienic reasons.

Please don't wear heavy aftershave or perfume to class.

Try to arrive for class a few minutes early so you won't disturb a class in already in progress.

But if you are running late, don't stress, yoga should never be stressful! Just come into class as quietly as possible and be considerate.

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### How long is a class?

Our classes are 1.5 hours long.

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### Do I need to make a reservation to come to class?

No, just arrive a few minutes early so you can let your instructor know if you have any pre-existing conditions that they might need to know about.

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### How much does a Yoga or Dance class cost?

Drop in cost is \$10. Per class

Yoga Stimulus plan cost is \$8. per class.

When you buy a series of 12 classes for \$96.  
(Classes are good for 6 months from date of purchase.)

## How do I know when my Yoga Stimulus Plan has run out?

We keep your class card on file. When you sign in for class, check the box for a class card. When we do the books each week, we subtract the classes you use off your card. When you run out of classes, we call you to let you know. That is why we ask for your phone number to put on your class card.

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## How often should I do Yoga?

This is different for everyone. You feel the most benefit from yoga when you practice regularly. Some people come once a week, others up to 3-4 times a week. Usually, the more you do the better you feel.

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## How often do the studio schedules change?

Approximately every four months, we have a Spring, Summer and Fall/Winter Schedule. You can always find the most updated schedule information here on our website as well as any teacher substitutions or class cancellations.

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## Why should I sign up for the Instant Karma e-mail list?

If you are on our e-mail list you will know when a new schedule comes out or find out about new classes or special events. We often have special yoga workshops or classes that are only offered on a one-time basis.

[Sign up for our Newsletter](#)

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## Other Questions?

FAQ's

Call Clea @ 310.383.2309

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