

Questions and Answers

How do I get started?

Just show up about 20 minutes early! The classes are open to all levels and fill up on a first come, first serve basis. When you arrive to take your first class, you will be greeted by an instructor and asked to fill out a brief new student form and waiver. After that, please sign the attendance sheet and get ready to begin.

How hydrated should I be before class?

VERY hydrated. Drink, drink, drink!! You will find that class will be much easier if you drink water throughout the day. Try to avoid caffeine and alcohol as much as possible before class.

What about eating before class?

Try to not eat at least 2 hours before class...you may feel nauseous or tired.

What should I wear/bring to class?

The room is heated and the class is a vigorous 75-minutes. It is best to wear clothing that allows your skin to breathe and something you feel comfortable sweating in. Bring a large towel to place over the mat to help you from slipping during class. You will also need your yoga mat and a bottle of water! Yoga mats are also available for your use at the studio.

Do you have separate classes for beginners?

No. All classes are open to all levels, beginners and advanced students alike. Having advanced students in class with you is helpful. Use them as resources. Remember, they, too, had their first class once and look at how far they've come!

Why the heated room?

The studio is heated to an average temperature of 85-90 degrees to help each student achieve their goals of increased flexibility, detoxification and mental clarity. Cold, stiff muscles have limited range of motion. When the room is warm...so are your muscles. Warm muscles are more receptive to transformation enabling you to get a deeper stretch. Other benefits of the heat include: body detoxification (a full body facial), blood thinning to clear the circulatory system, and increased heart rate for a better cardiovascular workout. Warm bodies are much more flexible which dramatically decreases the chance of injury. Using heat enables students to maximize each class by getting deeper into each posture.

Can I lose weight?

Absolutely!

Is it a cardiovascular workout?

You'll be amazed at the cardiovascular workout you get in a short 75-minute class! No matter what level of fitness you are this yoga will be a challenge you never outgrow. To get the most cardiovascular work you must work with an honest 100% effort.

How often should I come to class?

How quickly do you want good things to happen to you? It's simple. The more you attend class, the faster the body will blossom. For good results, students are encouraged to attend at least 3 classes per week. For life changing results, students should strive for 5-7 classes a week. There is no such thing as too many classes a week.

What if I can only come once or twice a week?

Coming only one or two days a week will provide you with all the wonderful benefits only you won't see the results as quickly. You will, however, feel the benefits after every class, no matter how infrequently you practice. Come when you can and make each class your escape to a world of wellness.

What if I'm not flexible?

Have no fear. Most first time students share the same concern and that's why we are here! Flexibility is your birthright... you've just got to get it back. Don't let your inflexibility keep you away! You don't have to be flexible to do yoga. Just come, try, and see your flexibility improve!