

# Frequently Asked Questions:

*Our FAQ answers the most common questions about how to prepare for classes. Please do not hesitate to contact us for additional information.*

## **I feel out of shape, have an injury, or am a little uncertain to jump right into classes. What are my options?**

Our Gentle Yoga and restorative classes are designed for uncertain beginners. You may also want to schedule a few private sessions especially if you have an injury to determine what kind of modifications you need in some postures. We can also help you develop an at-home practice plan that will get you on track for beginning level yoga classes.

## **Can I borrow a yoga mat?**

We have all needed props, along with cleaning wipes you can use before and after use. However, we encourage students to buy and bring their own yoga mat.

## **What should I bring?**

Please bring a yoga mat and a bottle of water. We ask that you have your mobile device on silent and leave your belongings and shoes in the cubby area of our lobby.

## **What should I wear?**

Athletic clothing where the instructor can have a good idea of your body alignment, and at the same time, clothing that is comfortable, fast-drying and won't restrict your movement.

## **How early should I come?**

Please arrive at the studio 10 minutes before class to sign in, meet the instructor, relax on your mat, and be present before class.

## What class should I try?

It is a good idea to try different classes to get an idea of the style and teachers that work well for you. Power Yoga, Pilates, and Barre classes tend to be the more physically demanding classes, while Gentle, Yin, and Restorative Yoga classes are less physically challenging.

## How do I register for a class?

You can book or schedule to attend classes directly on our website or via the MINDBODY app.

## Do I need to make a reservation in advance for a class?

Yes. For Zoom classes, reservation is necessary to obtain the Zoom link. For studio classes, while the pandemic continues, we ask that all students register in advance so we can limit attendance to 12 and maintain the appropriate distancing between mats.

## What is the cancellation policy?

We have a 6 hour cancellation policy, where you can early cancel class without penalty.

## Do you allow kids to take classes?

We do allow kids in class as long as they are not a distraction to others and you feel like they are able to do a full hour or longer class.

## What should I bring with me?

Bring your yoga mat and a bottle of water. We consider the rooms sacred space so we ask that you refrain from bringing your cell phone and personal belongings into the classroom. We do have cubbies in the lobby where you may store your belongings. We

do not allow spectators (children, friends etc) to just sit and watch in the classroom unless this has been arranged for teacher training or mentorship purposes.

### **What is the scent policy?**

Please refrain from wearing strong perfumes, colognes, or essential oils. Some students have reactions to strong scents, such as asthma and/or headaches and we want to be as accommodating as possible to all of our tribe.

### **Where is class at?**

Please confirm your class location on the schedule on our website. Next to the class title it should indicate if the class will be held in zoom, on the Tennessee beach access or will not say anything if it is at the studio.