

**1. When do you have class?**

We offer yoga classes daily. It really depends on your schedule. It is easiest if you check the schedule on-line, our web site is [www.dragonflywelnestudio.com](http://www.dragonflywelnestudio.com) .

**2. Which class is best for me?**

This is a hard to answer question. I typically suggest for 1<sup>st</sup> time yogis to take a beginner or gentle class. Then they can decide what class they like best or if they would like to try an all levels class. After their 1<sup>st</sup> class they can also pull the instructor aside for guidance.

**3. Do I need to call before I come?**

No, just show up! We are always here when class is scheduled. If there are any cancellations of classes they will be posted on the website in advance and also announced during class the week before. Please be on time or slightly early, this ensures that class starts on time with out any distractions.

**4. How much does it cost?**

Drop-in classes are \$15 per class. Depending on your commitment level we also have packages available that save you some money. 5 Class Pass \$65 Expires in 2 months. 10 Class Pass \$125 Expires in 3 months. 20 Class Pass \$240 Expires in 3 months. There are also packages available that include massage treatments as well, descriptions of all of our packages are available on our website under the packages tab.

**5. Will I loose weight doing yoga?**

I always answer this question by saying “Weight Loss is more than a yoga practice, it is a lifestyle change!” We now offer a health and nutrition lifestyle counselor that can help you make life long changes to loose weight and keep it off for good. Yoga may be part of that lifestyle for you.

**6. What styles of yoga do you teach?**

We have a few different instructors all with different trainings and backgrounds. Amanda is trained by Kripalu and utilizes her Kriplau training along with a vinyasa style. Arlene is trained by Yoga Alliance and teaches a Sivananda style class. Diane is trained by Yoga Alliance and teaches with a vinyasa style.

**7. Do you offer Pre-Natal Yoga?**

Yes, it is recommended that pregnant women wait until they are 12 weeks or 3 months pregnant before starting a yoga practice. If you already practice yoga regularly you can keep your practice during any stage of pregnancy.

**8. What should I wear?**

You should wear loose fitting comfortable clothing that allows movement with out restriction. Bare feet are recommended although socks may be worn. Socks are slippery sometimes, which can lead to injury. Dressing in layers is also a good idea. Please keep fragrances to a minimum.

**9. I am 50+, Can I do Yoga?**

Absolutely you can do yoga and you should be doing yoga at that age. I would recommend starting with a gentle class.

**10. Do I need a Mat?**

Yoga Mats are recommended. We have very thin mats available to rent for \$1. We also sell Jade Eco Friendly Yoga Mats here for \$55, they have no PVC (plastic) and are made of rubber. This mat will easily last you 5-10 years or more and save your knee and wrist joints from pain.

**11. What health concerns does yoga help treat.**

Everything! Literally! A regular yoga practice can help improve any of the following concerns but is not limited to just these... Stress Reduction, Anxiety, Concentration, Coordination, Balance, Digestion, Muscle Aches & Pains, Joint Pain, Posture, Irregular Menstrual Cycles, Arthritis, Headaches, Immune System, High Blood Pressure, Weight Loss, Stretching & Toning Muscles, Increased Circulation, Confidence, Asthma or any Breathing Irregularity, Flexibility & Strengthening of the entire body including the Spine, and the list goes on and on!

