

FREQUENTLY ASKED QUESTIONS

What do I wear?

Please wear loose, comfortable clothes that allow you to move. Dressing in layers will keep you more comfortable during the different phases of class.

What do I need to bring?

We have a SPECIAL BACK-FRIENDLY FLOOR, You will NOT NEED and please, DO NOT bring a mat, Props are not used or required either, but feel free to bring your own if using such makes you feel more comfortable. Bring a clean blanket free of pet hair, human hair or strong fragrances. Meditation cushions are provided.

Where do I park?

Free parking is available in front and you can park in the parking lot all around the building, as well as on the street.

What if I arrive and the door is locked?

Your first class is by appointment, and preregistration with payment is required for all classes, workshops and retreats. You can use any major credit card to make payments online at www.YogaAndMeditation.com or send a check in the mail. You will get a confirmation call/e-mail when your payment is received. Please, arrive 5-6 minutes before class. If you are more than five minutes late, the door may be locked. Please, do not just show up at any time. "Walk-ins" are discouraged, since they disrupt the energy and atmosphere of a regular class.

Do I need to preregister with payment?

To ensure your spot or to be notified of a class cancellation in case of a low enrolment, weather or other emergencies, we recommend that you register/prepay ahead of time. All classes and events are subject of a minimum enrolment. You will get a full refund if class canceled by us, unless interested in attending another class.

What is the level of practice of the "Workshops, Retreats and Seminars?"

Unless specified otherwise, workshops, retreats and seminars are designed to accommodate students of all levels.

Why are some classes marked with an asterisk on the schedule?

These are classes that may require more work and care on the part of the teacher and greater commitment, reading and study on your part. They are usually specially priced.

Can my child come to yoga class?

Children 13 years of age and older are welcome to attend adult yoga classes with a guardian. We also offer **private yoga classes** for children with or without the parents. **Holistic Yoga and Meditation for Kids and Teens** as well as workshops for children from 3 - 12 years of age are available upon request. These are usually organized by parents, churches, schools, hospitals, etc. and taught at your premises or ours. Advance planning is required.

Is yoga a form of religion?

No. Yoga predates all religions. However, it can enhance your beliefs in your own particular faith as well as your spiritual and human experience, whether you choose to follow a religion or not.