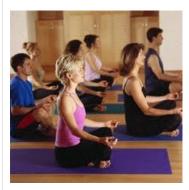
offering an inspiring yoga experience in the heart of chester, virginia

HOME WELCOME TO OUR STUDIO » LEARN ABOUT OUR CLASSES » PRICES » MEET OUR TEAM » LET'S CONNEC

New Students



What to Expect

Perhaps you are feeling a little nervous or intimidated about taking your first yoga class. Please don't let it stop you from coming to class! Yoga is non-competitive. It is a personal journey and no two journeys are alike. With a little patience and proper guidance from our certified instructors, you will quickly feel right at home.

Small Class Sizes

Classes start with a focus on breathing and calming the mind. After a short warm-up, a certified instructor will guide you through a series of postures called *asanas*. The instructor will emphasize the connection of your breath with each movement.

Because our classes are small, the instructor is able to provide hands-on guidance for proper body alignment. The instructor will offer modifications based on the individual needs of the student. Classes end with some gentle stretches and a relaxation period called *savasana*.

First Time Student Checklist

- Please complete your registration online.
- Please let the instructor know if you have special health conditions or restrictions.
- Before entering the yoga studio, please remove your shoes and place them with your other personal belongings in the space provided.
- Our classes always start on time. Once class begins, we lock the studio doors to ensure the class is not interrupted.
- If you are under 18 years old, please bring written parental permission. Students under the age of 15 must be accompanied by an adult.
- Do not eat a heavy meal just before class. We recommend practicing on a light stomach.
- You may bring water to replenish during and after class.
- Wear loose-fitting, comfortable clothing.











let's get started. Intro offer 30 days just \$30

download our schedule.
New classes every month



reserve, cancel & pay online. Log in to your account.

> Feel Good Friday January Schedule 5:30 pm to 6:30 pm

01/03/2014: Beginner 01/10/2014: Gentle Yoga 01/17/2014: Beginner 01/24/2014: Gentle Yoga 01/31/2014: Beginner

Announcing New Yoga Focus Classes!

Our new Yoga Focus classes are designed to give you focused instruction on a particular element of your yoga practice. We will cover two topics in each 60 minute class. Sign up for "Yoga Focus" online.

01/12/2014: Sun salutations and chaturanga 01/26/2014: Safe back bends and

inversions

THE 8 LIMBS OF YOGA

- 1. Yamas (Restraints)
- Ahimsa (Non-Violence)
- Satya (Truthfulness)
- Asteya (Non-Stealing)
- Brahmacharya (Moderation)
- Aparigraha (Non-Greediness)
- 2. Niyamas (Personal Observances)
- Saucha (Cleanliness)
- Santosha (Contentment)

 We encourage students to bring their own yoga mat and a small towel. We will have a few mats to offer to students who do not have their own. We will provide yoga blocks and straps for use during class. And last but not least remember to bring an open heart and positive attitude! 	 Tapas (Heat/Austerity) Svadhyaya (Self-Study) Ishvara Pranidhana (Surrender to God) 3. Asana (Postures) 4. Pranayama (Breath Control) 4. Pratyahara (Withdrawal of Senses) 5. Dharana (Concentration) 6. Dhyana (Meditation) 7. Samadhi (Enlightment)
Namaste.	
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