

BEING YOGA

What is the '30 for \$30 Challenge'?

Jump into a healthy routine with a pass good for 30 consecutive days of Yoga for just \$30!

This is an introductory special for students new to Being Yoga only.

No reservation is required when attending any one of the 42 classes offered.

Every class is designed for beginners.

Arrive 15-20 minutes before class time for a personalized consultation to prepare for your first class.

We encourage you to take a look at the Being Yoga Student Pledge, which provides guidance on approaching your yoga practice as well as important class etiquette tips and information.

All students will be asked to sign a waiver form.

It is essential to drink plenty of water throughout the day to ensure proper hydration before beginning class.

Wear light, non-restrictive clothing comfortable to stretch.

No perfume, keys, cell phones or pagers in the yoga room.

Always sign in before class begins.

We encourage you to come as many times during your 30-day challenge to get yoga under your skin, but we do not require that you come everyday.

Please speak with our front desk staff to find out about special offers for members when you finish the '30 for \$30 Challenge'.

If you have questions about your yoga practice, never hesitate to ask any of our staff members or instructors.

Please take a moment to familiarize yourself with our studio.

Drop-ins are always welcome to Being Yoga at \$17 per class.

Join us!
You'll be glad
you did!



Being Yoga
Freedom in your body and mind