

Frequently ask questions & preparation:

Where is North Georgia Yoga located? We are located in the Sequoyah Shopping Plaza, 458 Red Bud Rd., NE, Calhoun, GA 30701

Do I need to register for a class? North Georgia Yoga does not require pre-registration for our daily classes, though classes can sometimes fill quickly. Yoga class attendance is on a drop-in basis. Please allow 10 minutes before your first class to fill out a registration form. . Reservations are necessary for our workshops.

I am new to this and have never done yoga before! This is a decision completely up to you. The **2 week intro offer for \$20.00** is a great way to try all of the classes and feel the benefits of practicing several times a week. If you'd like to drop-in for one class and see what yoga and NGY are about, please come and join us! You can take a gentle class if that is a comfortable level for you or you can sign up for a beginner's yoga workshop.

Are beginners welcome at North Georgia Yoga? Absolutely! Because yoga at NGY allows you to move and discover at your own pace, you can participate in almost any class. Take it slowly at first. Try to complete 3-4 classes during your trial period. You'll build a base of strength and flexibility and will notice immediate changes with your physical body and mental/emotional well being.

How challenging will the classes be for me? Your first classes may be a challenge as you begin moving your body in new, healthy ways. You'll stretch, sweat, twist, lunge, reach and balance as you build strength and flexibility. But you control the intensity of each pose as you flow through the process. Soon, you'll experience small victories. Over time, your progress will be amazing!

What if I'm not all that flexible? Actually, many people, especially athletes, aren't particularly flexible. Yoga is not about physical flexibility. With time, yoga will contribute a dimension of flexibility to everything you do. Meanwhile, we encourage you to develop a flexible mind. Just let go. Focus on breathing, sweating and moving. Allow each yoga movement to release tension, dissolve brittleness and blockage, and naturally expand your range of motion, as you listen to the "language of sensations" from your body.

What should I wear to class? Please wear what is comfortable and allows you to move and stretch, such as sports attire that absorbs moisture. Avoid loose, flowing garments. (sweats and cotton tanks/shirts are not advisable). You create a lot of heat, so make sure to wear attire that you can sweat in. All classes are done in bare feet.

What should I bring to class? Please bring a positive attitude, your yoga mat, a hand towel, & water. We supply all first time students with a mat and towel so that you will know what you need. After that, you can bring your own or rent them. Rental yoga mats (\$2.00), rental towels (\$1.00), and bottled water (\$1.00) are available at the front desk. Yoga props such as blocks, straps, and blankets are provided. You may purchase your own yoga mat at the studio or at a retailer of your choice.

Do you have a place for yogis to change clothes before and after class? Yes! You only take your mat, towel, and water into the yoga room. Cell phones are only allowed on vibrate if an emergency situation is expected.

How early should I arrive for class? We recommend arriving 5-10 minutes before class time to ensure you have time to sign in, change clothes, and get settled before your teacher begins the class. The studio opens 15 minutes prior to scheduled class times. Some classes are more crowded than others.

How late is too late to arrive for my yoga practice? We understand that life gets busy and sometimes yogis are delayed but we are unable to allow yogis to enter the studio after class has began due to our concern for the yogi's safety and courtesy to others.

What forms of payment do you accept? We accept cash & checks.

Please e-mail info@ngayoga.com for any other questions.