

FAQ

What are “beginner, mild, medium and spicy” level classes?

“**Beginner**” classes are for beginners with little or no experience.

“**Mild**” classes are geared for beginners with some experience and a focus on foundation.

“**Medium**” classes are designed for advanced beginners that would like to deepen their practice.

“**Spicy**” classes are designed for more advanced practitioners.

What is the difference between a registered and drop-in class?

You pre-register for a class by phone or email to ensure a spot and it is a progressive 8 week class that you commit to. A drop-in class is just that: you drop-in spontaneously to try a class. We recommend that beginners and practitioners that are serious about their practice sign up for a registered class.

What do I bring to class?

Bring a yoga mat and water. We provide mats if you don't have one or you forget yours. We also provide blocks, bolsters, straps and therabands that the teachers may use for classes.

What do I wear?

Comfortable clothing to move in and something warm to wear for Savasana (relaxation) at the end of your yoga practice.

Is there a place to change and washrooms?

Yes, there is a change area in the studio and a washroom in the Inglewood Family Health Centre.

What is yoga etiquette?

Please be quiet in the space and turn off all cell phones and electronic devices. If you are pregnant, injured or are new to yoga, please inform the instructor before class.

When do I ask questions?

If you have questions about your practice please ask them after class or email/telephone the studio.

What is the difference between yoga and Pilates?

Yoga is a physical, mental and spiritual discipline. Physically, your whole body will become stronger, longer and balanced. Mentally your mind will become calm, clear and focused. Spiritually you may feel more gratitude and a sense of peace.

Pilates is a fitness discipline that narrows in on strengthening specific muscle groups. It focuses on the deep abdominal muscles, legs and back muscle groups. The exercises are done on a mat.

Can I do both yoga and Pilates?

Absolutely. One discipline enhances the other. A good goal to aim for is two classes a week. You can safely practice yoga or Pilates everyday, although it is good to take a day off for your body to rest and re-build.