

# BEING YOGA

## WHAT'S THE "30 FOR \$30 CHALLENGE"?

- Jump on a new healthy routine with a pass good for 30 consecutive days worth of yoga for just \$30!
  - This is an introductory special for students new to Being Yoga only.
  - No reservation required when attending any one of the 37 classes offered.
    - Every class is designed for beginners.
      - It is essential to drink plenty of water throughout the day to ensure proper hydration before beginning class.
  - 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.
    - Wear light, non-restrictive clothing comfortable to stretch.
    - No perfume, cell phones or pagers in yoga room.
      - Always sign in before class begins.
  - We recommend 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 finishing 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 welcome to Being Yoga at \$14 per class. If a new drop-in to our studio, 2nd class is complimentary.

***"Yoga is suitable for all ages and levels of ability!"***

**(EXCLUDES ONLY A LAZY ATTITUDE)...CORI POLETTO**



**Being Yoga**

*Freedom in your body and mind*