

POWERLIFEYOGA

FREQUENTLY ASKED QUESTIONS

At Power Life Yoga, we embrace beginners. All new students receive a FREE week of unlimited classes. Try as many different classes and teachers and find how Power Life Yoga can benefit you. Check out the info below to prepare you for your first class.

- You do not need to pre-register for classes. Just come into the studio.
- Try to arrive about 10-15 minutes before your first class starts to fill out a short "New Student" form.
- Stay hydrated during class. Bring a water bottle. We also have bottled water available for purchase.
- Be ready to sweat. Bring a hand towel, beach towel or shower towel. We also have towels available to rent.
- Bring a yoga mat if you have one. We also have mats available to rent or purchase at the studio
- Wear light, comfortable workout attire that you don't mind getting sweaty.
- Listen to your body. It is okay to rest and go into child's pose during the practice.
- Our changing rooms have lockers, showers, and lavatories for students' use. Feel free to get ready for your day after class. We have locks and keys available.
- Being quiet is not our style. Come to the studio to chat, connect and discover what Power Life is all about!

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Can beginners do Power Yoga?

Absolutely. We want beginners to come and experience Power Life Yoga. All of our classes are open to all levels, but our Power 1 class is a great place to start. This is a semi-heated, beginner level class that provides instruction to proper posture alignment and is a good introduction to power yoga.

Can I still do power yoga even if I am not flexible?

You don't have to be flexible to start a yoga practice. Flexibility is something that Power Yoga builds for you. It is a journey not a destination.

Can I get a physically challenging workout from Power Yoga?

Power Yoga is fast paced and challenging. This is not stretching in a hot room! Power Yoga is a physical practice that combines all facets of physical fitness and healthy well-being. At Power Life Yoga, we have taken traditional yoga and made it faster, harder and way more fun – but we certainly have not left out the mental aspects. Get ready to sweat and challenge your body and mind in new ways.

What about the heat?

The majority of Power Life's classes are taught in a heated or semi-heated room. We like heat, but use intention for each level and train our teachers for the safety of our students. Benefits of practicing in a heated room include: It helps stretch muscle fibers; It aids in injury prevention; It helps eliminate toxins from the body; It increases your heart rate for added challenge; It enhances your metabolism.

What are the benefits of Power Yoga?

There are countless benefits to Power Yoga. Power Yoga works the entire body and improves, strength, balance, flexibility, core power and mental wellbeing. Power Yoga helps create a strong healthy body and mind. And the physical aspect is only one part of the benefit of Power Yoga. Other benefits include stress reduction, increased blood circulation, detoxification and improved sleep.

My child would like to attend class with me. Is this a possibility?

If your child is between 12-16 years of age, he or she can attend class with you or another adult. As with any workout, however, we encourage you to consult a physician about the effects of the heat before bringing your child to any class.