

# FAQ

## where to start?

Start anywhere and try it all! Our instructors have been trained to provide modifications to benefit all experience levels. Of course, there is a learning curve with anything new, but trust yourself and know that you are in good hands. You'll learn as you go - that's what makes the journey special!

## what our classes are like?

We have intimate class sizes where we use body weight and other cool props for a fun, full body workout. Classes are at a warm, comfortable room temperature to get the body warmed up for an amazing practice.

## what to bring?

Bring an exercise mat, a bottle of water, and socks to wear when walking through the studio. Grip socks are available for sale in studio and are required for Pilates and barre classes.

## how to combine your yoga, Pilates, barre, and tai chi practices?

Yoga, Pilates, barre, and tai chi are each amazing mind-body practices. Try each one and choose your favorite or find a regimen of all three that feels good! If your primary practice is Pilates, for example, consider doing Pilates three days a week, with a tai chi practice in between. Get as creative as you'd like while taking care of your body.

## what our meditation room is like?

Surrounded by calming music and the smells of lovely essential oils, you are in for a treat. Take 30 minutes before or after class to focus and relax. It'll be the cherry on top of your practice.

