

FREQUENTLY ASKED QUESTIONS

I'm not flexible – can I do Yoga/Pilates/Chair Yoga Fitness?

Absolutely you can! Many people think they need to be flexible to start yoga particularly, but that would be a bit like thinking you need to be able to play tennis to take tennis lessons. Improved flexibility is one of the many benefits of all my Yoga/Pilates/Chair Yoga Fitness classes.

I'm not fit – can I do Yoga/Pilates/Chair Yoga Fitness?

Absolutely you can! Though my classes are described as 'Beginners' or for 'Mixed Ability', there is no assumed level of fitness required and my classes will be of benefit to all. I provide modifications and progressions for many of the Yoga postures/Pilates exercises/chair exercises so that everyone can work at their own level and progress at their own pace. But you should always respect your body, its anatomical uniqueness, and any limitations that you may have.

I've never been to a Yoga/Pilates/Chair Yoga Fitness class before, will I be alright?

Most people are fine, and it's natural to be a little nervous or anxious when you're starting something new. My classes are friendly and welcoming, and we don't take ourselves too seriously. But if you feel particularly anxious, or if you have injuries or restricted mobility you could start with a few 1:1 private sessions to familiarise yourself with the practice and any adaptations you need to use to accommodate your injuries/mobility issues before you join a group class. Contact me direct to book a private session.

What should I wear to class?

I recommend you wear loose, comfortable clothing that doesn't restrict movement. Also, consider wearing layers so that you can shed/add as required to help regulate your body temperature.

What should I bring to class?

For Yoga and Pilates classes bring your own mat if you have one. Let me know if you need to borrow one of mine. I also highly recommend that you bring a blanket or a large thick towel as this could be useful in a number of instances.

For Chair Yoga Fitness classes, you will just need to bring yourself.

Drinking water is not provided.

Is there any etiquette I should know about?

Please try to get to class at least five minutes early so that you are settled by the scheduled class start time and won't disturb others. If you do arrive late it's OK, but please come into class and get yourself settled quietly.

I suggest you turn off your phone so that it won't distract you or at least switch it to silent/do not disturb so that it won't disturb others.

If you have any injuries/illness/conditions that may affect your practice, it's important that you notify your instructor so that they may offer you adaptations as required.

How do I book and pay?

Use my booking site - www.bookwhen.com/shineyogaandpilates. You can book as a guest, or create an account so that you're recognised and don't have to provide your details each time you book. Payment for some classes is in advance by bank transfer. At others you can book in advance and pay on arrival, or just drop in without even making a booking. Check the class information on the booking site for details.

Is there parking at the venue?

Some venues have a car park. At others you'll have to park on the street. Check the class information in my booking site for parking details.