

YOUR FIRST YOGA CLASS



YINSPIRE
Yin Inspired Yoga

I hope you are looking forward to – or if its taken place – enjoyed – your first yoga class with me.

I've written a bit about the Yin Yoga style and how I teach on my website – worth a read – www.yinspire.co.uk/about

I'll need a health form at, or before, your first class please – <https://www.yinspire.co.uk/contact-us/registration-and-health-details/> we can do it on paper when you arrive if you prefer.

All classes and workshops to be booked:
<https://www.yinspire.co.uk/yinspire-classes-with-jessica/booking-help/>

When you arrive, please sign in on the pad by the door.

Venues – please check where your class is. Generally evening and Saturday classes are at Rowborough, week day time classes Brading:

- Rowborough - Yinspire2 – Rowborough Manor, Beaper Shute, Brading, PO36 0AZ (about 5 minutes from Tesco or Brading centre <https://www.yinspire.co.uk/studios/rowborough-studio/>)

Parking on the driveway left and right leading to the house. Overflow against end wall of house. Please do not block car ports.

- Brading – Yinspire Yoga, 2 New Road, Brading, Isle of Wight, PO36 0DT (by the bullring) – <https://www.yinspire.co.uk/studios/brading-studio/>

Best parking Station Road or Lower Furlongs

Check the web pages for directions, maps and parking suggestions.

There is a guide to common questions and class etiquette on my website <http://www.yinspire.co.uk/common-questions/> - its worth reading all of this, but here are some headlines:

Do I need to bring anything with me? Some water, a blanket or shawl to cover up during laying postures/relaxation and, if you have one, a yoga mat – I have mats available and every yoga prop you will need so don't fret.

When should I arrive? For your first class ideally 10 minutes before the class starts, otherwise 5 to 10 minutes before start time in order to be settled. I encourage people to lay back quietly once settled until class starts. Please do not arrive more than 15 minutes before class.

What if I'm running late? Just enter as quietly as you can. If we are relaxing, please avoid too much disturbance, for example getting mats and props out, until there is a natural pause in the class, which I will allow. As someone who is late everywhere, I would rather you arrived late and calm than on time and stressed!

How should I prepare for a class? Its helpful to avoid eating heavy meals for 2 to 3 hours before class, snacks 1 to 2 hours. Otherwise there are no special preparations.

How long is the class? Normally 90 minutes (Saturdays 2 hours) but allow for 10 minutes overrun in case we start late or get side tracked on the way.

Can't make it? Please let me know by email, or call my secretary on 01983 333888. If it's a private class, call on 07990 752255. I prefer email over SMS, mobile, Facebook or WhatsApp

How do I make a regular booking? See

<https://www.yinspire.co.uk/yinspire-classes-with-jessica/#booking>

I have drop in prices, and for regular attendance the option of a flexible pass or class subscription.

A flexible pass is valid a year, and you book your classes on line subject to availability of space. Flexible passes are also valid for Saturdays and workshops.

With a subscription you pay by monthly Direct Debit, and I book your classes for you - you have a guaranteed place in your choice of regular class, and you can use the booking system to change or cancel a class on an ad hoc basis, eg if you are away. There is no refund for a missed week, but you can carry forward cancelled classes and use them for a Saturday, workshop with me or double up one week.

- £10 Dropin - Regular Classes, Saturdays and Workshops
- Flexible 5 Class Pass £40 = £8/class – valid one year – this is the best choice if you want flexibility
- Booking free class subscription at £24/m equating to £6/class – this is the best choice if you wish to attend most weeks

Please keep in touch by signing up for my newsletter, or via social media

<http://www.yinspire.co.uk/newsletter/>

<https://www.facebook.com/yinspireyoga>

<https://www.facebook.com/groups/yinspirecommunity>

<https://twitter.com/yinspireyoga>

If you enjoy your class then a facebook review is always appreciated:

<https://www.facebook.com/yinspireyoga/reviews/>

I also welcome feedback:

<https://www.yinspire.co.uk/feedback/class-survey/>

Above all, please enjoy the class – its meant to be relaxing and enjoyable, and “you time”

Jess

Jessica@yinspire.co.uk

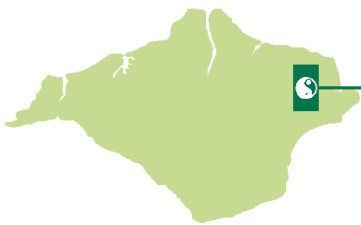
01983 333888



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HOW TO FIND US



YINSPIRE STUDIO ADDRESSES

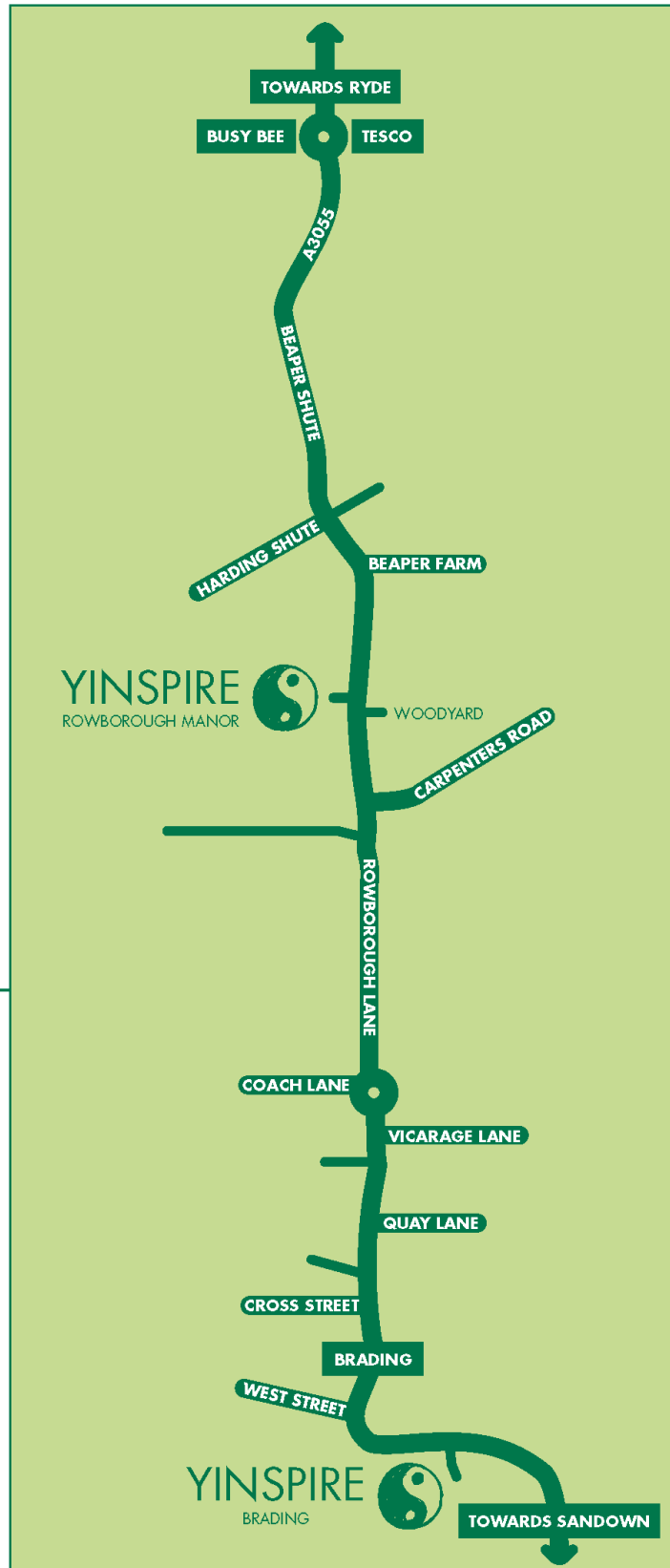
YINSPIRE ROWBOROUGH

Rowborough Manor
Beaper Shute
Brading
Isle of Wight
PO36 0AZ

Site map overleaf

YINSPIRE BRADING TOWN CENTRE

Arnold House
2 New Road
Brading
Isle of Wight
PO36 0DT

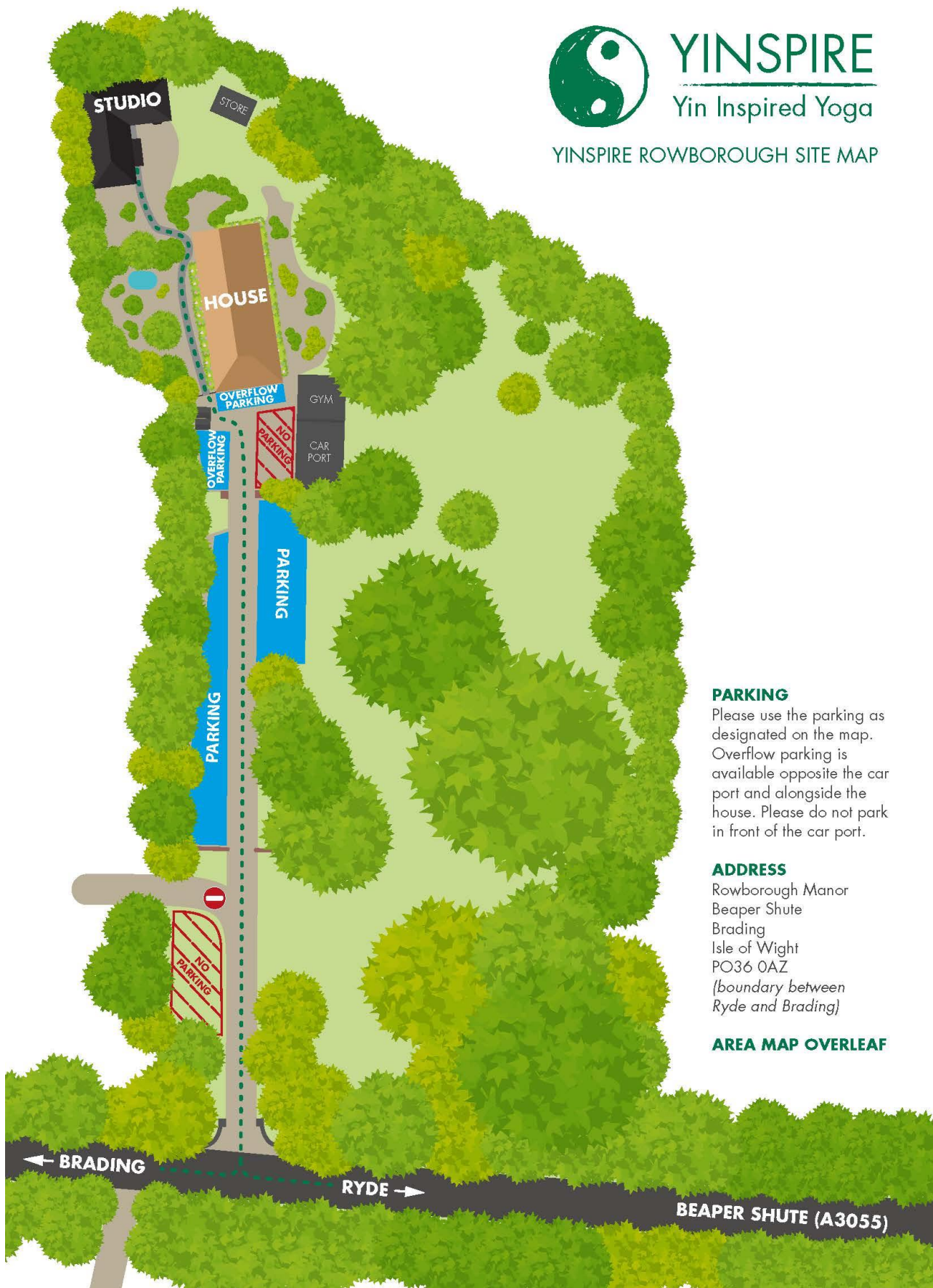




YINSPIRE

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YINSPIRE ROWBOROUGH SITE MAP



PARKING

Please use the parking as designated on the map. Overflow parking is available opposite the car port and alongside the house. Please do not park in front of the car port.

ADDRESS

Rowborough Manor
Beaper Shute
Brading
Isle of Wight
PO36 0AZ
*(boundary between
Ryde and Brading)*

AREA MAP OVERLEAF