

FAQs About Iyengar Yoga Classes at Lake Wilderness Lodge

What class should I take?

Students who are new to Yoga or to Iyengar Yoga may begin in the Gentle Level 1 or Level 1-2 class to learn the foundation of postural alignment to develop an understanding that fundamental positions and movements in basic poses have resulting actions that are applicable to all poses in subsequent levels as students continue to practice and study yoga.

- Gentle Yoga Level 1 is for students who require more support and adaptations of basic poses due to chronic or acute conditions or rehabilitation.
- Yoga Level 1-2 is for new and continuing students to learn and practice fundamental actions in basic poses.
- Yoga Level 2-3 is for continuing and intermediate students to deepen their practice by refining basic poses and learn more challenging ones.

Do you offer hot yoga?

No, hot yoga is not taught. Iyengar Yoga adapts poses to student's needs and abilities in a warm, comfortable 68-72 degree room with a stable, wood floor. Whereas 'hot' yoga classes feature a set sequence of poses given to all students regardless of condition or length of study on an unstable, padded floor in an extremely hot room.

Do you offer a teacher training program?

No. Contact Carmen about your interest. She can recommend classes, workshops and trainings that are offered in the area. 206.300.7123 or carmen@bluemoonartsyoga.com

How can I contact a teacher?

Each yoga class schedule flyer (pdf) has contact information: www.bluemoonartsyoga.com.

Carmen: 206.300.7123 email: carmen@bluemoonartsyoga.com; **Frances:** 425.432.3986

What is a Certified Iyengar Yoga Teacher?

Carmen, a Certified Iyengar Yoga teacher has passed a rigorous standard of training and testing to work effectively with students of all ages and physical abilities, modifying poses so that students may practice yoga safely.

Should I avoid classes with uncertified teachers?

No, not necessarily. All teachers at Lake Wilderness Lodge have studied Iyengar Yoga for many years and continue to take classes and practice under a Certified Teacher's guidance.

What is the charge for monthly classes?

Course fees vary based on the number of classes in the month. The average cost per 90-minute class is \$13 multiplied by the number of times the class meets during the month. Students pay the monthly session fee to reserve their space to attend class for that month.

Can I make up a missed class?

Students may *pre-arrange* (before your absence) a make up in a different class during the same session only with the make-up instructor's permission. Showing up without notification/permission is not recommended; you may be turned away. Make up classes are not guaranteed due to a limited number of class levels and space availability. Missed classes that are not made up during the session will not be refunded or credited towards any other session.

What is a 5-class card?

- The 5-class card is for the student who cannot attend a full monthly session.
- Students may attend any 5 classes suitable to their level within a 3-month period with any

teacher.

- Participation in class is on a space available basis. It is recommended that you check www.bluemoonartsyoga.com for changes to the class schedule and contact the teacher before arriving in class to ensure space availability.
- A 5-class card may be purchased at any time for \$75. Cards expire 3 months after the first date of use. The card is non-transferable. No credits or refunds will be given for unused classes.
- Note that new students must complete a participation form before being allowed to participate in class. Allow enough time before class to complete this paperwork or download a pdf from www.bluemoonartsyoga.com to complete at home and bring to class.
- On the date of first use, give your card to the teacher before class. The card may be kept on file in the yoga room or you will be responsible to bring this card each time you attend a class. Your attendance will be marked on the card each time you attend class as well as on the class roster. Add your name and the date on the class roster for each class you attend.

Where are classes held?

Yoga classes are held at the Lake Wilderness Lodge located at 22500 SE 248th Street in Maple Valley in the downstairs dance (bride's) room.

Why is pre-registration recommended?

Early enrollment is recommended to reserve your space in class since class size is limited and to avoid class cancellation. There must be 5 students registered the business day prior to the month's class start date. Students who do not pre-register run the risk of showing up to attend a class and not knowing that the class was cancelled.

How do I sign up for a class?

There are 4 ways to register:

1. by phone: 425.432.9953
2. by fax: 425.432.9974
3. by mail: city of Maple Valley - Attention Parks & Recreation
Po Box 320; Maple Valley, WA 98038
4. in person: Mon-Wed 8:00 am - 8:00 pm; Thu-Fri 8:00 am - 5:00 pm
Lake Wilderness Lodge, 22500 SE 248th St; Maple Valley, WA 98038

NOTE: If paying the day of class cannot be avoided, you must bring a receipt to the instructor as proof of payment.

What can I expect in an Iyengar Yoga class at Lake Wilderness Lodge?

- Iyengar Yoga emphasizes form and technique through postural alignment for safety and the performance of poses. Poses have different effects on the body: to build strength and stamina, improve muscular tone, flexibility, and alignment, to reduce tiredness, soothe the nerves, train and discipline the mind so that concentration is improved.
- Clarity of instruction highlights the physical actions required to achieve a specific reaction in each pose and through the sequencing of poses within a class and within the session.
- Teachers demonstrate, instruct, and correct poses by first introducing the name of the pose in English and/or in Sanskrit, provide physical demonstration and verbal instructions on the actions required to perform the pose.
- Students learn how to use props: blocks, belts, and blankets, to help them in attaining the pose based on their individual needs. Teachers further assist students to attain proper postural alignment with verbal instruction and/or physical correction.
- This teaching environment introduces poses to the student in a structured manner. By establishing an experiential knowledge of fundamental movements and resulting actions in basic poses, students gain an understanding that these fundamental actions are subsequently applicable to all poses as they continue to practice and study yoga. This method enhances the student's awareness of how to use their bodies intelligently, on and off the mat.

- If you have particular physical conditions, are menstruating or pregnant, certain poses are not suitable for practice. Please consult with the teacher before class so that they can modify poses.

What props should I bring to class?

Bring your own sticky mat and any other props you may have. There is a supply of belts, blocks, blankets, chairs, sandbags, and a few mats if you forget to bring your own.

Many props are available at Target, Big 5, Marshall's, TJ Maxx, as well as online. Some props are better than others. i.e., Depending on the dryness or oiliness of your skin, you may want to feel different mats to choose the one that is right for you.

What else should I know before attending Iyengar Yoga classes at the Lodge?

FOOD: Allow 1 hour after eating a light meal, 4 hours after eating a heavy meal or bring an empty stomach to class.

WEAR: shorts or footless tights, and a T-shirt; bring layers in case you get cold. Do not wear restrictive pants with a zipper or buttons or very baggy sweatpants, heavy jewelry or watches. Do not use perfumes or colognes in case another student may be sensitive.

PARTICIPATION FORM: All students must complete a Participation Form at the beginning of the year prior to being allowed to participate in the class and *whenever your physical condition changes* that may restrict your ability to participate normally in class. Be sure to arrive at least 10 minutes before class to complete this paperwork or download a pdf from www.bluemoonartsyoga.com.

CLASS BEGINS on time. If you're late, enter quietly and wait until the initial silent period is over to put down your mat and gather your necessary props to participate with the class.

PERSONAL BELONGINGS: Leave shoes, socks, coats, purses, wallets, keys, and *water bottles* on the table or sofa in the entry area. Only bring yoga props into the room.

BEFORE CLASS: Sign in. Get any additional yoga props you may need. Notify the instructor if you have a limiting condition: recent injury, illness or fever (note: during menses certain poses are to be avoided), or if you must leave class early.

What books do you recommend on Iyengar Yoga?

- *Light on Yoga* by BKS Iyengar considered the 'bible' of modern yoga
- *Yoga the Iyengar Way* by Silva, Mira & Shyam Mehta
- *How to Use Yoga* by Mira Mehta
- *Yoga a Gem for Women* by Geeta S. Iyengar

For General Questions About Yoga or Iyengar Yoga:

Direct inquiries to the Maple Valley Website to read

- FAQ What is Yoga
- FAQ About Iyengar Yoga