

How to become a member at In Balance Yoga Studio

note: * denotes that the term is defined in the Glossary below.

Technical Description:

Yoga classes taken at a studio are highly focused on the practice of yoga as a healer and strengthener for the mind and body together. A studio class reaches beyond the physical work out, unlike most classes taught at a gym. Many students join In Balance Yoga Studio to work on improving their mind-body-spirit connection and awareness. The classes offered can range in intensity from a low-impact type of exercise that complements other workout routines to a more vigorous practice aimed to increase flexibility and strength.

Becoming a member at In Balance Yoga Studio first requires some self-motivation to get off campus and try something new in Blacksburg. Perhaps bringing a friend will help ease the first-timer nerves. No prior experience is necessary for the majority of the classes offered. The studio offers Hot Yoga*, Vinyasa*, Gentle Flow*, Ashtanga, Restorative, Yin, Hot Power Fusion*, and Hatha. It is recommended that beginner-level students try the Gentle Flow* or Restorative yoga and Meditation* classes. The postures in the Hot Yoga sequence are also fitting for beginner-level, though the student should be prepared for the heated practice room. There is no limitation, however, on which level classes a beginner (or advanced) student can take. If you wish to try something new, which is encouraged, you simply need to take necessary modifications for the poses.

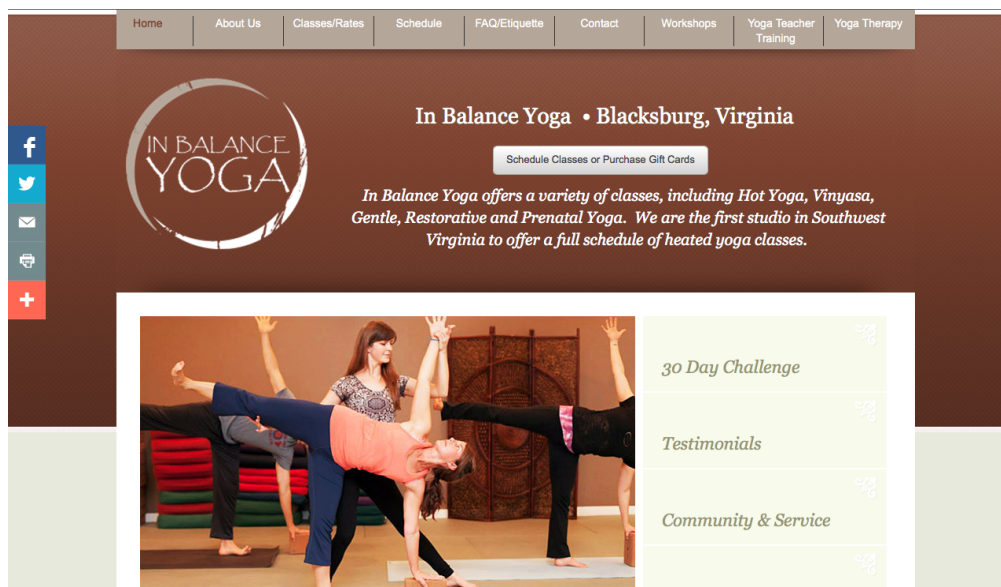
To become a member, you simply need to take a class. After the first class, your information will remain in the In Balance computer system and you can easily return for another session. You will know how to check-in, where to put your belongings, and how to set up in the practice room.

In Balance staffs about twenty certified yoga instructors, all of whom have thorough training in at least one style of yoga practice. The studio is located at 401 South Main Street. It is less than a ten-minute walk from Squires Student Center. Parking is available.

Step-by-step Instructions:

Joining the In Balance Yoga Studio is simple and takes less than 15 minutes. You simply need to prepare yourself for class properly and be able to choose and make a payment option. The following steps discuss the process you will go through in order to participate in your first class at In Balance.

1. Look online at the In Balance Studio website <http://www.inbalanceyogastudio.com> and review the class scheduling and rates.



[1]

2. Print off the new student waiver form found at the bottom of the "classes/rates" section, fill it out and bring it with you to your first class. If a printer is unavailable, no problem, there are copies on-hand at the studio front desk.

3. Arrive at the studio at least 20 minutes before the class you decided works best for your first time (note: if you have any questions feel free to contact the studio at (540) 961-1030 anytime).



[2]

4. Proper attire includes casual clothing, either loose-fitting or compression that will not bind, chafe, or cause you to overheat. Most classes involve sweating so plan accordingly.
5. Check in at the front desk and turn in your completed new student waiver form (or fill one out here if you have not already done so).



[3]

6. Choose a payment option. As a new student, it is recommended that you try the unlimited intro-week pass for \$20. Otherwise, a student drop-in costs \$12 per class (note: other packages are available).
7. Place all belongings, except for mat and water bottle (required), in the cubbies outside the studio practice room (note: if you do not have your own mat you can rent one for \$3.00 from the front desk). Please be sure to remove shoes before entering the studio practice room.
8. Once in the practice room, find an open spot and lay down your mat.



[4]

9. Gather props as instructed by the yoga teacher. This may include a bolster, block, strap, or blanket.



[5]

10. Safety Note: Be sure to inform the instructors of any current injuries. They will give you modifications for a certain pose that may irritate the injury. Yoga is intended to stretch out the muscles so go as deep into the pose as feels challenging but not painful.

11. If you enjoy the class and want to come back you can sign up for monthly payment options and create an account to schedule your classes online.

12. Be sure to drink lots of fluids after completing a yoga class.



[6]

Glossary of Terms:

Asana is the Sanskrit term for yoga posture. It is a pose that aims to stretch the muscles and find balance between the mind and body.

Child's pose is a specific yoga posture where one sits on their knees and folds their upper body over their thighs while lowering their hips to their feet and the ground. This is a resting pose where one can always return to calm the mind and ease built up tension in the body.

Gentle Flow is a slower form of vinyasa* that focuses on establishing correct alignment.

Hot Power Fusion is a class combining vinyasa* flow sequences with a heated practice in order to link movement with breath and allow for deeper stretching and greater release of toxins within the body.

Hot Yoga is a type of class practiced in a room heated to around 95°F in order to warm the muscles for a deeper stretch. The class involves a series of simple postures that work the internal organs to rid the body of toxins in addition to opening the muscles.

Meditation is the act of calming the mind and observing one's thoughts without focusing on any in particular. This practice aims to still the mind so that one can better recognize the deeper self.

Prana is the breath of the body often referred to as the life force or life energy in a yoga practice.

Savasana is the final relaxation pose intended to allow the mind and body to rest peacefully and absorb all of the benefits of the yoga practice.

A **Yoga Block** is a rectangular object made out of foam or cork and about 9" L x 6" H x 4" W in size. It is used for support and to help achieve the proper alignment in a pose.

A **Yoga Bolster** is a dense pillow that comes in an assortment of shapes, although the rectangular shape is most commonly used. It cushions and supports the body in challenging poses and helps extend a stretch when there are physical limitations.

A **Yoga Strap** is a long piece of tightly woven material (usually cotton) with a buckle at one end. It is used as an extension of the arms or legs to help bring someone who is not so flexible into a modified variation of a pose.

Vinyasa is a style of yoga focused on flowing through an undefined series of poses and linking the movements of the body to one's breath.

Photo Credits, all permissions granted:

[1] Screen shot of [In Balance Yoga Studio](#) home page.

[2] Nicole Boyle, owner of In Balance Yoga Studio. [Store Front](#)

[3] Nicole Boyle. [Front Desk](#)

[4] Nicole Boyle. [Practice Room](#)

[5] Nicole Boyle. [Props](#)

[6] Nicole Boyle. [Studio Mini Fridge](#)