



Welcome to onlyYoga...we're glad you're here!

This packet contains information that we think will help you get the most out of your experience with us. If you have any additional questions, please don't hesitate to ask. You can also call the studio and leave us a message anytime: 404.892.9100. We love email so feel free to drop us a line: johnmerideth@gmail.com.

It is our goal to provide a safe and inspiring environment for you to learn about yoga. Please let us know how we are doing - we aim to please!

You probably noticed that you need a code to enter the building. **The code is *3439**

Parking: there is a great deal of metered and un-metered parking on the side streets around onlyYoga (on 7th, 8th, Cyprus, etc). **Please note:** The meters around the studio are only enforced Monday through Friday from 8am - 6pm. So there is free parking on the side streets after 6pm on the week-days and all day Saturday and Sunday.

Garages: There is an easily accessed parking garage directly under the spire on 8th street. The rate is very reasonable. It is free for the first 60 minutes and \$2 for 1-2 hours. We recommend this garage since it is easy to access and is less than one block from the studio. There is also free parking under the Metropolis and other surrounding high-rise buildings

Pay Lots - We don't recommend the pay lots around onlyYoga - they tend to be overpriced.

First Visit Specials

First Visit \$12 Drop-in (regular price \$17)

10 Day Unlimited \$35 - Must be purchased during first visit

8 Classes In One Month \$89 - Must be purchased during first visit

20% Off any regularly priced class card - Must be used during first visit

If you are new to the practice, you may experience some muscular soreness the first couple days following a class. This is a normal response to a challenging physical activity. Believe it or not taking another class can relieve some of the soreness. Drinking plenty of water can also make a big difference and of course getting plenty of rest.

Again, we hope you enjoyed your first class with us. Remember that the onlyYoga website contains a wealth of information about yoga in general and onlyYoga in particular. Our web address is www.onlyYoga.com.

onlyYoga Mission Statement

At onlyYoga we recognize the value and significance of doing one thing very well. We strive to build each of our classes around the vinyasa method, the core of Ashtanga yoga. In acknowledging that Ashtanga yoga is an ancient Eastern practice, we attempt to preserve its authenticity in the face of the ever shifting currents and trends of Western contemporary society. Through years of experience with the Ashtanga practice, we trust in its power to non-aggressively confront mental and physical resistance and in so doing reshape the minds, bodies and spirits of our students. By creating an intimate setting, with a manageable student to teacher ratio, onlyYoga offers a dynamic environment where both the teacher and student contribute to the process of learning. Knowledge, commitment, discipline and authenticity inform the principles supporting our teaching philosophy. Please visit us again, we hope to see you in a class soon.