

Frequently Asked Questions **HANOVER YOGA & WELLNESS**

Where is Hanover Yoga located and is there parking?

Hanover Yoga is located in Mechanicsville/Ashland, Virginia on Sliding Hill Road within the same brick building as Village Bank. The studio is located on the second floor on the left side of the building (we are on top of Village Bank). We have plenty of parking! Directions from I-95: we are exit 86A Atlee, and the location of our building is directly right off the exit.

When is the studio open?

The studio will open 20 minutes prior to each class. Please arrive to class 5-10 minutes prior to class starting to check in with the front desk, use the restroom, and get situated on your mat. Please enjoy time to yourself before class, either on your mat or in the lobby area. **Each class will start on time. The door to the studio will be locked during class.** If you arrive late and the front door is locked, please understand that class has already begun.

Are there mats available for use at Hanover Yoga?

Yes, we have 10 extra yoga mats available for use at no charge. We strongly encourage students with a regular practice to purchase their own mat for sanitary purposes. We have a few at the studio for purchase! If you use a mat, please spray and wipe down.

What do I need for classes?

Please wear comfy clothes that will be easy to move in and stretch. We have all the props you will need for classes, feel free to bring your own props in too! We have water, coffee, and tea available at the studio, and we encourage you to **keep your own mug at the studio** to keep waste to a minimum. We have towels for you to use at the studio, and encourage you to bring your own towel too. Please bring an open mind, ready to learn and relax. Please bring no judgement or expectations to class.

What should I expect?

Expect to arrive 5-10 minutes before class starts, punctuality is important, especially if you need to make any payments or use the facilities before class. **Expect to remove your shoes before entering the studio.** We strive to keep the studio floor clean and germ free. **Silence your cell phones.** There are storage shelves in the studio lobby where you can keep your belongings. Please note, the studio front door will be locked during class the safety of everyone's belongings and safety. Lastly, expect to enter the studio and please make yourself as comfortable as possible, if you need to use the restroom or leave during class...please go!!! If you need props during class, please ask your instructor! The instructors are there to ensure your safety and comfort during class. Expect to move, breath, and relax into stillness.

Is there a shower at Hanover Yoga?

Hanover Yoga does not have a shower room, we have two restrooms you can use.

Should I reserve my space for class online?

Yes. We require you to sign up in advance on our online scheduler or the MindBody App -- or shoot us an email at support@virginalovesyoga.com

What if I cannot attend a class or workshop that I have paid and registered for?

We do not offer refunds. If you contact us to cancel 24 hours in advance prior to an event, we will credit the amount back to your account for you to use toward any future offering at Hanover Yoga. Please contact us at support@virginalovesyoga.com with the class or workshop you will miss but are still registered for.

What if I left something at the studio?

Random mats and lost items will be placed in the lost and found until claimed.