

NEW STUDENT GUIDE



YOUR COMMUNITY FOR JOYFUL + VIBRANT LIVING

WELCOME TO STUDIO 108

Hey, friend! We are super excited to meet you!

It's important to us that you feel comfortable and at ease from the first moment you enter the studio. So we've assembled some information based on the typical questions. Take a look + if there is anything else you would like to know, please reach out.

We're here for YOU!

What do I need to bring?

You don't need a whole lot!

Simply wear athletic clothing and bring a water bottle.

If you're practicing yoga, bring your yoga mat and a hand towel. We've got the blocks, straps + bolsters.

And we will also provide you the weights + props you need for your cardio, barre + pilates classes.



Where should I park?

There are four parking spots right in front of our studio windows. If those are full, please park along the side of the building. It's a short distance. !
Our neighbors respectfully ask that we not park in front of their businesses. Thanks for helping us be good neighbors.



I'm coming from work. Can I change?

Oh, sure! We have a comfortable sized bathroom + cubbies for your bags. No showers, however.



Come on in!

It's pretty easy but a few things to know:
Leave your phone + valuables in the car.

Place your shoes under the bench.

Hang your coat on a hook.

Walk through the curtains - they keep the heat in so please close behind you.

Pick a spot - place your mat at one of the black logo stickers on the floor - we face the barre wall.

Take a deep breath + smile.

You're hOMe!



Do you have mats to borrow?

We do. We offer a few loaner mats complimentary. However, for hygienic reasons, we recommend a quality yoga mat that will provide grip + stability. We love the Jade Harmony - you'll find them in fun colors in the lobby.



What about COVID?

We take care to provide you with a healthy environment for your practice. A medical grade air filtration system runs in the studio 24/7. All floors, surfaces + props are cleaned after use. Hand sanitizer is provided. When the viral load is high, masks are required to + from your mat and class sizes are limited to provide practitioners with adequate personal space. Watch the website or the signs in the lobby for current conditions.



Get the Studio 108 APP

Seriously.

It just makes things so much easier.

Download from the APP store {FREE!}

Then use your account login to manage your account, purchase class passes + sign up for classes.....

See you on your mat!



What if I can't get to the studio?

That happens. Travel, sick kids, bad weather... so many reasons! Many of our classes are offered live stream. Just register for the live stream version of your class. You'll get an email confirmation providing you the link for the class. Then set up your practice space + log on. We look forward to seeing you!



Schedule not aligning?

That happens too! You'll find a library of on-demand classes in our replay library. Simply log into your account + click VIDEOS. Scroll through the headings and pick a class. Then move + breathe + find stillness. Just like that!



Get results!

There are so many reasons to practice:

- increased strength
- increased mobility
- recovery from injury
- increased energy + vitality
- clarity of mind
- relief from stress + tension
- connection to self
- inner stillness + peace
- and on + on + on.

We want to hear from you. Please tell us about your inspirations, goals + aspirations. We are committed to supporting you in actualizing your best!



Studio 108: So much commUNITY!

Community Meditation Class

Saturdays from 1:15 - 2:00
Offered complimentary.

The Podcast

"Following with Tracy Rhinehart"
Take a listen on YouTube, Apple Podcast or Spotify as Tracy engages people of interest in conversations about all things wellness.

Seasonal Celebrations

From Full Moon Hikes to Sun Salutations on Summer Solstice, the Studio 108 community enjoys the cycles of the seasons and the beautiful, natural environment right outside our doors.

Pro Tip:

Say YES to all emails + notifications to ensure you get livestream links, notices for membership renewal + updates about events + activities.



A note from your yoga teacher

I'm so glad you found this message!

Curiosity is the first step towards anything worthwhile and wonderful. Without a doubt, yoga is worthwhile and wonderful.

And so are YOU!

~

I'm looking forward to welcoming you to Studio 108.

But I know that there are often things. Things that stand between us and that first step forward. Rest assured, we all have them.

~

To help you out, let me say this:

You're not too stiff. You're not too loose.

You're not too fat, too short, too thin, too tall, too old, too young + you're not too grumpy.

It doesn't matter what you eat, drink, smoke or vote.

~

The yoga classes here at Studio 108 are for everyone and anyone. We are here to support you in living a healthy and happy life.

And the best day to start is TODAY!

~

Come as you are. Wear what you want.

Leave feeling better.

That's it!



New Student Memberships
two weeks of unlimited classes: \$39
three pilates reformer sessions: \$79

first time clients only
please reach out to Tracy at namaste@studio108.net for help

www.studio108.net