

Hello Yogi!

Thank you so much for getting in touch with Branch Yoga & Wellness! Because we are sometimes offline and on the mat, consider this a great big 'Welcome!' and an assurance that we've heard you.

We'll be responding as quickly as we can to assist you with your practice needs and wellness goals. In the meantime, feel free to take a peak at some Frequently Asked Questions below.

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1. *I'm a Beginner, which class and pass is best for me?*

If you are new to Branch Yoga & Wellness we recommend starting with our intro pass of 30 consecutive days of unlimited yoga for \$40+HST. This gives you an opportunity to try as many public classes as you like to find out what resonates with you and fits into your schedule. For those who have never done yoga before, try starting with Yoga Basics Sundays 10:15am or Wednesdays 9:30am. Other beginner classes include Vinyasa Flow Level 1, Good Morning Flow, and Honey Flow. For very a slow moving relaxing experience, try Yin and Restorative yoga weekday evenings. For our full schedule and class descriptions, please visit [www.branchyoga.com](http://www.branchyoga.com).

2. *What should I bring?*

Please bring comfortable clothes to move and stretch in and a water bottle to stay hydrated. If you have a mat at home feel free to bring it along, otherwise we have mats available free of charge at the studio. Yoga is generally practiced in bare feet, but please bring indoor sneakers if you are attending Zumba Sundays 9:00am. Thinking of trying [Aerial Yoga](#)? Some prior movement experience is recommended. For this class we ask that you remove all jewellery and suggest avoid eating heavily 30-60 minutes prior to class.

### 3. How do I sign up?

Please visit [BranchYoga.com](http://BranchYoga.com) and find a class on our [schedule](#) you would like to attend. Click the purple 'Sign Up' button and create yourself an account. If you already created an account by filling out our online registration form, please login using your email address and password. Once logged in, you will be prompted to complete your purchase by credit card online. If you require assistance please reach out to us at [yoga@branchyoga.com](mailto:yoga@branchyoga.com). If you wish to pay in person at the studio, kindly note we accept cash and credit only (we are unable to process debit at this time).

### 4. My profile isn't working 😞.

If you accidentally created yourself a duplicate account, our system will not recognize existing or previous passes. Not to worry! We will fix it straight away! If you experience another technical glitch, please let us know and we will do our best to solve the problem asap.

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Thank you so much and we look forward to seeing you on the mat or in the hammock soon!

Join our online community and receive the latest information at www.facebook.com/BranchYoga, or Twitter @BranchYoga.