

Frequently Asked Questions

What should I wear?

Wear loose and comfortable clothing or sports clothing.

Can I bring my own mat?

We have mats but you are welcome to bring your own.

Do I need to bring anything?

No need to bring anything other than yourself and perhaps some water. We have all the kit you will need, including blankets and cushions to get fully relaxed and cosy, though you are welcome to bring your own mat and a blanket.

Do I need to be flexible and fit?

You don't need to be flexible or fit at all. Yoga will help you to become more flexible and fit by opening up your body and making it stronger.

Can I take part if I am injured or have an illness?

Yoga is for everybody and can be very helpful for those suffering from illness and injuries. It is always a good idea to discuss participation with your GP and seek their approval and we prefer you to have done this if suffering from a serious injury or illness. Please tell the teacher at the start of class any health issues you have.

Is there parking?

There is plenty of free parking at the Royal Northern and Clyde Yacht club.

Is there a bus stop nearby?

There is a bus stop just over the road, but there is a driveway up to the Clubhouse building. If you need picking up from the bus stop (if walking the distance is an issue), please get in touch and if possible the teacher will try to arrange pick up / drop off to the bus stop for you.

Is the studio wheelchair accessible?

Unfortunately our yoga space is not wheelchair accessible as it is on the first floor of the building, and there are no lifts. Some of our workshops are held on the ground floor of the Clubhouse – please check specific workshop details or call/email us to check.

Can I book online?

Yes, you can book online and pay for the class with a card via the booking section of the website, just click [Sign Up](#) next to the class.

www.helensburghyoga.com

For bookings & more info contact Cate on 07444 980939 or email cate@helensburghyoga.com

Can I pay by card?

You can pay by card online when you sign up for a class via the website. Unfortunately there is no facility to pay by card in class; we can only take cash at the studio.

Can I hire / rent the studio?

Yes, please contact us to discuss your requirements if you'd like to rent the studio space for your group or for you and your client.

Can you do yoga classes at my venue/for my group?

We can offer yoga classes to any group, please just get in touch with us.

Do you offer 1 to 1 yoga sessions?

Yes we offer 1 to 1 sessions as well as small groups of 3 or 4.

Do you offer Mindfulness training to organisations?

Yes, please contact us to discuss requirements.

If your question is not answered here, please call or email us.