

## WELCOME TO PIEDMONT YOGA ORIENTATION SHEET

### **PARKING:**

Piedmont Yoga Studio is located at 3966 Piedmont Avenue in Oakland. The easiest place to park is the pay lot (25¢ for 12 minutes) behind the Longs on 40<sup>th</sup> Street. There's a 2-hour limit in the lot, which should give you enough time for most of our classes. If you're willing to walk a bit you can usually find free street parking within a few blocks of the building, though again many streets also have a 2-hour limit. Parking in the lot is usually monitored by parking control carefully, on the streets is hit and miss.

### **ENTRANCE:**

PYS shares a large building with a couple of other businesses so don't be confused by our neighbors' signage. When you walk in through the front door you'll see the Piedmont Yarn store to your right. If you'd like to buy a Yoga mat or one of our T-shirts, you can find these and a limited selection of other Yoga-related products inside. These items are carried by the Yarn store as a convenience for our students, and PYS only profits from the sale of the T-shirts. Continue along the hallway until it opens out into our ground floor sitting area. Unlike many other Yoga schools in the East Bay, PYS doesn't have a front desk or a greeter, which is why we've put together this orientation sheet.

### **STUDIOS:**

Have a look around. With your back to the hallway, if you look straight ahead toward the back of the building, you'll see Studio 1. We ask our students to leave their shoes outside before entering. There's a hallway to the left of the studio's double door where we recommend you leave your shoes. **BRING ALL YOUR VALUABLES INTO THE STUDIO WITH YOU; DON'T LEAVE THEM IN THE HALL.** Still with your back to the hallway, if you look to your left you'll see a staircase that will take you up to Studio 2, at the top of the stairs to your left. When you get to the landing you'll see a low bench against the wall in front of you with cubby holes underneath. You can store your shoes in these cubbies, but again **BRING ALL YOUR VALUABLES INTO THE STUDIO WITH YOU, DON'T LEAVE THEM IN THE HALL.**

### **RESTROOMS:**

Still in the sitting area, you'll also see a door to the left of the foot of the stairs (as you face the stairs) that leads to a hallway where you'll find the restrooms. The restroom doors are always locked for security reasons. We understand this is somewhat inconvenient, but when the doors were left unlocked our restrooms were used by the public at large, a very undesirable situation. There's a key to the restroom in each studio. In Studio 1 the key is hanging on the wall just above the registration desk to the right of the door. In Studio 2 the key is hanging on the side of the registration desk just to the right of the door. **PLEASE DON'T ENTER EITHER STUDIO FOR A KEY IF A CLASS IS IN SESSION.** If you have a restroom emergency and can't wait for the class to end, go to the Yarn store and ask our friends in there to borrow their key. When you're done with the key please return it to the studio you took it from.

### **PAYING FEES:**

All the teachers at PYS are self-employed, that is to say, they're not employees of PYS. This means, unlike many studios in the Bay Area, students pay each teacher directly. You can pay either for a drop-in class, usually between \$12-16, or for a series of four classes, usually between \$50-60. Remember though at PYS when you pay a teacher for a series of classes, you must take **ALL** the classes with that teacher. Naturally you can take classes from as many teachers as you like, but you'll need to pay each one individually. We feel this kind of arrangement gives our teachers their best chance to earn a reasonable living, and helps us keep highly trained and experienced teachers on our staff. We also make available on-line, on a one-time basis, a sheet of 10 class passes for new students, which can be used for most all the teachers. This gives new students a chance to try out different teachers before committing to one or two. Please note though that this sheet can **ONLY** be purchased on-line, our teachers don't sell them in their classes.

**CHECK THE WEBSITE:**

Before you come to class you might check our website at [www.piedmontyoga.com](http://www.piedmontyoga.com). This is especially important around major holidays (e.g., Easter, Fourth of July, and Christmas) when there are usually changes to the regular schedule. But in general, several of our teachers teach regular out-of-town retreats and workshops, and you'll want to know about substitutes for and/or cancellations of their regular classes. On the left side of our home page you'll find a link called "Subs and Cancellations." If a class is cancelled you will see it listed. Many, but not all of our teachers, indicate that they are having a sub. You can check this posting to make sure your teacher is in town for the class you want to attend.

**PROPS:**

While we recommend that you bring your own mat, we have plenty of mats available for use in the studios. When you enter either of the studios you'll find the props stored on the wall to your left. Help yourself to a mat, a blanket or two, and whatever other props the teacher may be using for that class. At the end of class you'll be expected to store any props that you borrowed. Please put the props back where and as you found them, so they'll be ready for the next class.

**INJURIES:**

The teacher should ask you before the class starts if you have any injuries he or she should know about, though there are times when he or she can't manage to reach everyone in the room. If you have a serious injury or disability, or if you're pregnant and taking a regular public class for the first time, be sure the teacher knows about your condition BEFORE the class starts. He or she is trained to deal safely with most injuries, though of course most of our teachers aren't formally trained therapists.

**TIME:**

As a new student, try to come to class at least 5 or 10 minutes before the scheduled starting time, so the teacher can find out about your injuries, if any, and orient you to the class. If you come late realize there are some teachers who won't allow new students in the room without first learning about injuries, and since it isn't appropriate to stop the class to talk, you could be turned away. We also feel it's simply a common courtesy to come to class on time, though we do understand there will be times when you are unavoidably a few minutes late.

**QUESTIONS:**

We've tried with this sheet to answer the most basic questions, though you may have others we haven't addressed. Feel free to call us at 510-652-3336. This number will connect you to a voicemail; please don't expect to immediately talk to our studio manager. Leave your name and phone number and we'll contact you as promptly as possible.