

FAQs

What types of yoga classes do you offer?

We offer a variety of yoga styles including: Hatha Yoga, Ashtanga Yoga, Restorative yoga, Aerial yoga...

Do I need to have prior experience to join a class?

No, our classes are designed for all levels of experience. Beginners are always welcome!

Do you offer private or one-on-one sessions?

Yes! We offer personalized one-on-one sessions. Contact us for more details and to schedule a session.

Do you offer classes for children?

Yes! We offer special sessions for kids and teens. Please check our schedule <https://www.samastudio.in/class-schedule> or contact us for more information .

What should I expect in my first class?

For your first class, expect a welcoming, safe and non-judgmental environment. Your instructor will guide you through basic poses, breathwork, and provide options to make postures more accessible. Don't worry if you can't do everything at first—it's all about finding your own pace and practice.

How often should I practice yoga?

The frequency of your practice depends on your goals and schedule. Most students find that practicing **2-3 times a week** is a great way to build strength, flexibility, and mindfulness. However, any amount of time spent on the mat will bring benefits.

Can I purchase class packages or memberships?

Yes! We offer flexible pricing options including personal classes, class packages, and monthly memberships. Visit <https://www.samastudio.in/class-schedule> for details.

If I take a membership, can I choose any class on the schedule?

Yes, you can take any class on the schedule except Aerial Yoga and private classes.

Do you offer workshops or events?

Yes, we host a variety of **workshops** throughout the year. These workshops are announced from time to time.