

Dear New Groupon members

Welcome to The Yoga Fusion! We are thrilled that you are bringing your yoga practice to our studio. To make your transition into our classes quick and easy, we have put together a checklist of information that answers most of the questions you may have:

The very first thing we recommend you do is to visit our MindBody/Yoga Fusion website and create a username, password, and personal profile with name, email address, and emergency contact phone number.

Click here to create your personal profile. The username and password sign-in area is at the upper right of the screen.

<http://clients.mindbodyonline.com/ws.asp?studioid=19309&stype=-7>

After this is complete, the next step is to redeem your Groupon voucher at our Studio facility. Until you have redeemed your Groupon voucher at our studio location, you will not be able to sign-in for classes via our MindBody online system.

To redeem your Groupon voucher and attend your first class at The Yoga Fusion, simply drop-in to any of our regularly scheduled weekly classes. Our Yoga Fusion/Mindbody website schedule page has a complete listing of all of the classes during the week. We highly recommend that you arrive at least 10 minutes prior to the scheduled class start time and allow yourself extra minutes to find our studio for the first time and for traffic. Please keep in mind that once a class has started, the class may be closed to any additional students, depending on class size.

The Yoga Fusion has mats, blocks, blankets, and all of the Yoga props you will need for your class. We also sell quality yoga props of all kinds in our in-store retail shop at very reasonable prices. We recommend that you purchase the basics, a yoga mat, blocks, and a blanket for your own use, both at the studio and to help you build your own home practice. Our co-director, Gloria Persico will be leading a "Bringing Your Yoga Practice Home" workshop soon and these props will be invaluable in your growing home practice. We do have a changing room.

Upon arrival for your first class, the teacher, or teacher assistant will greet you and scan your Groupon voucher. You must have a valid Groupon voucher to attend your first class at The Yoga Fusion. We will ask you to fill in a brief personal profile/liability sheet that takes about 3 minutes to complete.

After scanning your Groupon coupon, we will enter your information into our Yoga Fusion/Mindbody online software program and sign you in for your first class. Our Mindbody software system will then keep track of your 10 sessions and for all subsequent classes you attend, you will only need to sign your name on our roster sheet at the start of class.

Once you have redeemed your Groupon voucher, attended your first class, and have been entered into our system by a Yoga Fusion teacher, you may sign-up for all of your subsequent classes via our Mindbody online software system. This is an easy and very convenient way to let us know you are coming to class and will help our teachers get to know you. In addition, signing up online via MindBody will assure your reservation in class, an important feature because classes do sell out based on number of students attending. Until you have come to your first class and have had your Groupon voucher redeemed, it is not possible to pre-register for classes online via our MindBody software system.

Of all the classes we offer, we highly recommend you attend our beginner series classes on Tuesday and Thursday nights at 7:30pm. These classes are ideal for the beginning yoga student, or those re-engaging their practice after an extended layoff. We also recommend that you use your 10 classes to take a class with all our 10 teachers, that you may find the best "teacher fit" for your current level of ability and intention for your practice.

During our Groupon promotional period, through February 29th, 2012, The Yoga Fusion reserves the right to “cap” the number of students attending any class, based on teacher discretion and volume of students attending. Classes may sell out as the result of advance online pre-registration. For this reason, we highly recommend that you use our Yoga Fusion/MIndbody software system to pre-register for the classes you wish to attend. First come, first served with respect to our online pre-registration software system. When planning your class attendance, whether online or in person, please review our schedule and note the ability level of the class you wish to attend. Note that some classes are rated as “level 2- 3” and these classes are recommended for those students with substantial yoga practice experience. Also, please be on-time for classes, which means 5 minutes early. Some larger classes will be closed at the time the class is scheduled to begin, which means the front door will be locked.

Thank you for bringing your practice to the Yoga Fusion! We look forward to bringing you the highest quality yoga experience and that you make The Yoga Fusion your Yoga home for years to come.

Blessings,

Gloria Persico and Greg Riley, studio directors.