



Rejuvenation Studio

Promoting Wellness - Inspiring Bliss



HOT YOGA CLASSES

Increase flexibility & strength - decrease pain & detoxify

CLASS FEES:

- Single hot yoga class **\$12**
- Pass for 4 hot yoga classes **\$42**
- Pass for 8 hot yoga classes **\$75**
- Monthly unlimited pass **\$100**

Passes valid for one month from date of purchase
View class schedule and sign up online

INFRARED SAUNA THERAPY

- Detoxification • Stress reduction • Skin purification
- Weight loss • Circulation • Immunization / Cell health
- Wound healing • Pain relief • Lower blood pressure

SAUNA SESSION PACKAGES*

5 one-hour sessions		10 one-hour sessions	
• Individual Room	\$60	• Individual Room	\$100
• Deluxe Room	\$90	• Deluxe Room	\$150

One time \$25 set up fee \$10 refundable key deposit
* Must be used within 60 days of purchase

(see reverse for more details)

795 Liberty St. SE | Salem, OR 97301
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YOGA CLASS FAQs

***Why hot yoga?** Your muscles and connective tissue become more elastic in the heat and allow for greater flexibility and range of movement with less chance of injury. ↻ Capillaries dilate in the heat; more effectively oxygenating the tissues, muscles, glands and organs while providing a great cardio vascular workout. ↻ Sweating promotes detoxification and removal of waste products through the skin - which is the body's largest eliminating organ.

***Is hot yoga safe?** As with all exercise you should check with your physician prior to starting a practice. There is an increased risk of dehydration and heat exhaustion due to the higher temperature.

***Do I have to pre-register for class?** No. However, some classes fill quickly so it's always a good idea to reserve your spot by booking online or calling the spa during open hours.

***Is there an age limit?** Children under 16 must be accompanied by their parent. Students of all ages must sign a waiver before their first class.

***What should I bring?** A mat, a towel, any props you know you might use and a large water bottle which may be refilled at class to stay hydrated.

***What do I wear?** Clothes that allow you to move very freely but aren't loose or baggy as the teacher needs to see your body to check alignment.

***Where do I park?** There are four spaces directly below the building. There is also street parking with a two-hour limit.

***Can I come late to class or leave early?** Yes. A day with yoga is better than a day without! Please enter or exit silently. **BE AWARE THAT IF YOU ARE LATE** and the class is full (even if you have registered) your spot cannot be held after class has begun.

SAUNA THERAPY MEMBERSHIP FAQs

***Is the facility staffed?** No. This is a 24/7 self-entry facility. There will be a new-member orientation where all your usage questions will be answered and your personal entry key and access code given.

***How many towels should I bring?** Three (3) - 1 large towel to sit or lie on, 1 medium towel to lean against or use for a head rest, and 1 small towel for the floor.

***Is there a shower?** No. There is a sink and bathroom where you can towel off and freshen up.

***Are the sauna rooms private?** Yes. There is a lock on each door that shows "occupied."

***Can I bring someone with me when I sauna?**

Yes, they will need to complete a waiver form before using the sauna with you.

Children must be under your direct supervision at all times.



***We reserve the right to refuse memberships at our discretion.**