

## FAQ

- [Where are you located, and how can I email you?](#)
- [I am a beginner, which class is best for me?](#)
- [What are the benefits of yoga?](#)
- [I am mean and unhappy, will yoga make me nice and happy?](#)
- [Is yoga a religion?](#)
- [Is it heated? Is it Bikram? Is it Hot Power Yoga?](#)
- [How much are classes?](#)
- [What is Ayurveda?](#)
- [Do you teach pilates?](#)

### **Where are you located, and how can I email you?**

We are located at:

66 Rittenhouse Place  
Ardmore, PA 19003

There is a google map to us [here](#).

Please email us using the form, [here](#). We promise we get the email, and the form helps us to cut down on spam.

---

### **I am a beginner, which class is best for me?**

Monday and Wednesday, 6 –7 pm  
Tuesday, 6:30 to 8 pm  
Thursday 815 to 915 pm

Just show up, its fine, as long as you are a little on the early side.

---

### **What are the benefits of yoga?**

The benefits of yoga are widely documented and can be explore here.

What is important, is, if you show up at least three times a week, and take time at least once a year to do an in depth weekend retreat or workshop, then in about five years time, you won't even recognize yourself because you have become so amazing.

### **I am mean and unhappy, will yoga make me nice and happy?**

Yes! Before you know it, you will be the life of the party, and a shining beacon of light to all who know you. Please refrain from torturing your teacher in the meantime.

---

### **Is yoga a religion?**

So glad you asked, this is one of my favorite questions.

Yoga is like Santa Claus. Santa Claus is pre-Christian, he figured prominently in Siberian Shamanism, and other early traditions as well. Christians seemed to like him, and they 'made him their own'. Today, we see that gift giving of Christmas, is practiced by Christians and non-Christians alike. It is universal, and promotes much good will and fellowship.

Just the same, Yoga is a collection of practices that is pre-Hindu, and Pre-Buddhist, pre-Taoist. It was designed primarily by hermit yogis (living in forrests and mountains) who were mostly interested in self-knowledge and enlightenment, rather than religion. Later, yoga was discovered by religious people who enjoyed the practices, finding that they helped foster religious experience. Many of these religions 'made yoga their own'.

At Main Line Yoga, you will find that there will be practices that were designed by all manners of wise people. There are Taoist Practices, There are Tibetan Buddhist Practices, Tantric Practices, Hindu Practices, Judeo-Christian Practices, and Athiest/Agnostic Practices. They have been chosen by the teacher for one particular reason. THEY WORK! These practices are like gravity, they do not require your belief. If you jump off the roof, you will fall to the ground, if practice yoga, your life will become awesome. Regardless of the house of worship you attend or the God(dess) that you worship. Awesome.

For More On Santa, please feel free to ask Daniel after class.

---

### **Is it heated? Is it Bikram? Is it Hot Power Yoga?**

We generally have the room heated to 73 degrees. Its warm, but it isn't hot. You may notice that it is a little hotter in the summer, and a little cooler in the winter. What we teach is not Bikram, and it is not Hot Power Yoga. It is perhaps closer to Hot Power Yoga, than Bikram.

---

### **How much are classes?**

Here is a [price list](#).

---

### **What is Ayurveda?**

Ayurveda is the Healing Science of the Yogis. It can help you find relief and from all manners of physical, mental, and emotional ailments. It uses diet, nutrition, lifestyle consultation, yoga and meditation.

---

### **Do you teach pilates?**

No, we do not teach pilates. Nor do we teach bellydance, spinning, nia, martial arts, voodoo, or anything else that is not specifically yoga and meditation related. We fully support these activities, but we have a limited amount of space, and a clear focus. We do what we do.

---