

YOGA PARTY Cape Cod

Frequently Asked Questions



Q: How much space is needed to host a yoga party?

A: I recommend a space that is at least 3'X7' for each guest.

Q: What if my space is not large enough for the number of guests I plan to invite?

A: Consider holding your event at a location other than your home, perhaps a community room, gym/yoga studio, beach (weather permitting), etc.

Contact Linda if you need suggestions for local spaces.

Q: What is required on site to host a yoga party?

A: Provide ample room for your guests to set their mats that is clear of furniture, etc. The space should be quiet, with the option to turn off or dim the lighting and an electrical outlet if you would like music.

Q: What should guests bring to the yoga party?

A: If you are attending a yoga party, simply bring yourself. Linda will provide yoga mats, blocks, straps and blankets. If guests prefer to practice with their own mat and props, they are welcome to bring them.

Q: Do I need to practice yoga regularly to attend a yoga party?

A: A regular yoga practice is not required to attend a yoga party. Beginners are welcome. Assistance and modifications are offered as needed.

Q: What happens if my guests are late?

A: Your yoga session will begin promptly. I recommend inviting guests 30 minutes prior to the yoga session start time-this allows guests to greet one another prior to centering on the mat. The room will be set up according to the number of confirmed guests. Late arrivals will have a space set aside for them.

Q: How many guests can I invite to my yoga party?

A: Generally, yoga parties are held for up to 12 yogis. For larger groups, please contact Linda for pricing and details.

Q: What should guests wear to a yoga party?

A: It is suggested that your guests wear comfortable clothing that will allow them to move freely. A long sleeved shirt and socks are also suggested to layer for warmth.

Q: When should food and beverages be served?

A: It is suggested that the host provide water during the yoga session and follow the yoga session with appetizers/meal. Consider continuing the yoga theme with fresh, healthy fare for guests. Contact Linda if you would like links for recipes or yoga themed invitations/decorations.

Q: How do I get started planning a YOGA PARTY Cape Cod?

A: Contact Linda for available dates/times. A deposit is required (50% of quoted price) to hold the date of your party. Get started planning your fun and memorable YOGA PARTY Cape Cod today!

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