



Frequently Asked Questions

How is Unity Yoga different from other studios?

Owner, Kristin Deyle wanted her studio to be a personal sanctuary that warmly invites people in and helps them relax and let go of their worries. She recognizes that people often need to learn how to relax (like she originally did). Her classes often focus on resolving common wellness issues.

Kristin's goal is to show how relevant the ancient wisdom of yoga can be in our modern-day lives. Her inspiring and fun classes educate individuals on how to give themselves good self-care in the areas they need it the most. Kristin looks for any opportunity to pamper her students (attend and you will see). She purposely keeps her class size small and intimate so call or book online ahead of time.

What benefits will I get from yoga?

The benefits of yoga vary by individual. You tend to get out of it what you put into it. Most people find yoga is relaxing and rejuvenating; therefore it often helps them manage stress and energy levels. Many others find they also become stronger and more flexible. Most yoga practitioners experience more mental clarity and inner peace. See complete list of yoga benefits.

What kind of style is taught at Unity?

Hatha yoga is the main style of yoga taught at Unity. Hatha yoga is the oldest practice of yoga and the foundation from which all other yoga styles originated. The aim of Hatha yoga is to bring body, mind and spirit into balance through the study of the physical postures (asana). This physical practice has been known to bring health and vitality to all major systems of the body. Mental equanimity and improved concentration is achieved through breath work and relaxation techniques. Hatha yoga can deliver a sense of peace and a deeper appreciation of who you are.

Do I have to be in good shape or really flexible to do yoga?

No. In fact, you should do yoga if your body lacks flexibility and strength, as both are important to health. At Unity, individuals are instructed on how to modify yoga poses to suit their body type and fitness level. Most of Unity's classes are modified for beginners but are intended for those who are generally physically health. Private or semi private sessions are recommended for students who want a practice that is customized to a central goal.