

Hello and welcome!

I want to personally thank you for joining M3Yoga. Whether you're a seasoned yogi or new to yoga, I am very excited to have you here. You will make a wonderful addition to our growing community.

I want to tell you a little bit more about M3Yoga and some things you may not have been aware of.

M3Yoga is built on inclusivity. It's the first sentence in our mission statement. We believe that yoga is for EVERY body. That's why we offer the largest class variety in Athens and have instructors who are trained in offering modifications. We want you to walk into the studio and feel welcome and like you're part of the community, no matter what type of class it is.

The studio is also built on encouraging exploration as well as fun. We strive to make our classes more like interactions and exchanges between student and teacher. Yoga doesn't have to be serious. We believe in the spiritual power of humor, and also in the deep connection we can create practicing with each other.

If I haven't already, I cannot wait to meet you and learn your story. I firmly believe that each member brings new experiences and value to M3Yoga, and hope to learn as much from you as you hope to learn from us.

Please do not hesitate to ever reach out if you need anything. Myself and any of the instructors are here to make your yoga practice a positive, comfortable experience. If you ever need to contact me or want to provide feedback, my direct email is nursenick@m3yoga.com.

Looking forward to meeting and talking more soon!

Sincerely,

Nick Combs
Owner



Mission Statement:

M3Yoga is built upon inclusivity, community, holistic well-being, and a sense of playfulness. At M3Yoga, we strive to provide excellent and unique yoga offerings to the community, regardless of what walk of life you come from. We want you to walk into the studio and feel welcome and like you're part of the community, no matter what type of class it is. We want to educate you about the WHY of a pose while encouraging exploration and modification. M3Yoga strives to make our classes more like interactions and exchanges between student and teacher, and never assumes we are superior in some way. We believe in the spiritual power of humor, and also in the deep connection we can create practicing with each other, or alone on the mat with ourselves.

Therapeutic Yoga

Some classes are focused around a specific ailment like arthritis or mental health while others are designed for a total body realignment and allow students to come in and say "xyz is bothering me today, can we work on it?"

Flow & Yin

Head, Shoulders, Knees & Toes

iRest

Meditative Flow

Pranayama & Meditation

Restore & Reset

Yoga for Arthritis

Yoga for Back Health

Yoga for a Healthier Mind

Yoga for a Healthy Core

Rocket Yoga

Rocket Yoga, founded by Larry Schultz and named by Bob Weir from The Grateful Dead, is based in the ancient Ashtanga practice. The practice is meant to be fun, challenging, and playful, offering modifications and alternatives for new Ashtanga yogis.

Bottle Rocket

Beginner Ashtanga

Rocket I

Rocket II

Rocket III
(Rocket Happy Hour)

Vinyasa Flow

The goal is to flow from one pose to the next, connecting the breath and body through movement. Some classes are slower and restorative, others are the kind you should expect to move, sometimes vigorously, throughout.

Beginner Vinyasa

Donation Flow

Flow & Go

Flow & Yin

Glow Flow

Power Women

Slow Flow

Vinyasa Flow

Beginner Ashtanga

This class is a modified version of the Ashtanga Primary Series as developed by Larry Schultz. This is a beginner friendly version of the primary series, encouraging modifications. You will learn all about breath, bandhas and drishti. As with The Rocket System, we always encourage exploration of the poses and to take your own version that calls to you that day.

Beginner Vinyasa

Vinyasa or flow yoga is a style where the breath is used to time movement. In Beginner Vinyasa, you'll learn how to link postures together in a continuous flow that coordinates with your inhales and exhales. Students are encouraged to go at their own speed and skill level. Our experienced instructors offer modifications for yogis of all levels.

Bottle Rocket

This routine is the bare bones of "The Rocket". It features 34 poses that are taught in a dynamic sequence so you can build more strength and flexibility in your practice. This routine will give you a good foundation for other Rocket routines. Good for beginners to advanced and takes no longer than 50 minutes to complete.

Donation flow

We at M3yoga believe that yoga should be available and accessible to all people (if you can't tell by our pricing structure). This class has a recommended drop in donation of \$5. So if you can afford it, we do prefer you donate to cover the cost of the class, but if you can't, COME ANYWAY! We really want to foster a community environment at M3yoga and know that not all can afford a pricey drop-in. Yoga is for EVERY body!

Flow & Go

This is our early morning general flow class. Focus will vary but will generally be an all levels vinyasa. This class is no longer than 50 minutes so you can come FLOW and get your yoga fix and then GO start your day. Coffee and tea will be ready and available at the beginning and end of class.

Flow & Yin

This vinyasa flow class is structured with ancient oriental medicine in mind and combines the anatomy of life force with the healing yin practice of yoga. Yin yoga is a practice of deep stretching, and when partnered with the knowledge of energetic meridians, offers a deeper connection to your center. This class is for all levels and is deeply therapeutic. You will leave feeling more integrated with your body AND mind.

Glow Flow

This is the place to be Friday night. Whether you are starting your night with some yoga before headed downtown or ending the day with our Glow Flow, this is the yoga jam to leave glowing. Black light lit – glow in the dark face paint will be provided. And of course, Athens' amazing SJ instructs it!

Head, Shoulders, Knees & Toes

This class focuses on total body stretching and strengthening and over all "feel good". Props are utilized. This is a great class to leave feeling good body and mind (which is the head part of this class). It is also a class designed so you can come in with a "problem area" to work on and the instructor will design the class around where you are holding tension that day. Beginner friendly and deeply therapeutic.

iRest

iRest is a research-based transformative practice of deep relaxation and meditative inquiry. iRest seeks to help people resolve their pain and suffering by rediscovering their essential wholeness and their interconnectedness with all of life. In our iRest sessions, we will delve right into the practice of iRest with ample time for questions and reflections afterwards. Join us and experience the heartfelt presence of being that is always whole, healed and at peace.

Meditative Flow

This class uses traditional yoga postures to both stretch and strengthen the body. Postures are led in a slow and meditative manner, focusing on longer holdings and deep breathing in order to build heat and awareness throughout the practice. It is intended to provide an internal experience of connecting body and mind. *Can be modified for pre- and post-natal students.

Power Women

This class is taught by women to EMPOWER women. M3Yoga believes in the innate power in each of us, man or woman. Unfortunately the world doesn't exhibit equality well all the time. So we designed this Power Vinyasa class to empower women and have a safe space for women to come together to lift each other up. Whether it is on or off the mat. Don't let the word power scare you, this class has lots of adaptations for beginners including use of props. #girlpower!

Pranayama & Meditation

When practicing pranayama, we restrain or enhance our breath so that we feel more alive and create an increase in prana flowing through our bodies. The ancient yoga texts teach that we do not know what we really are, but if we look closely, we will find that we are beings of love and light, beings much bigger than our ego mind can imagine. Pranayama and meditation lead us to that vision. Here in this class, you will be guided through a variety of pranayama exercises suitable for beginners and those who are wanting to create a consistent pranayama and meditation practice. All levels welcome.

Restore & Reset

This class focuses on resetting the week and preparing for the next using slow flow and restorative postures. Lots of props are utilized to get you comfy and relaxed. The instructor pulls from inspiring readings and healing quotes in between postures to help click the "reset button."

Rocket I

This sequence is known as "long and strong" and focuses on stretching and strengthening the legs and joints using a combination of standing and balancing postures, seated postures and forward folds. Inversions and rocket splits and abs will be visited as always. This is a great sequence to start the week out with. As developed by Larry Schultz, Rocket Yoga is the original Power Yoga, developing way before the fad became popular. This is our most athletic offering however each class exploration and play are encouraged. Rocket can be modified for any level of student.

Rocket II

Rocket II is what The Rocket is all about, "getting you there faster". The core focus is on strengthening the arms and backbending. The standing series isn't held as long; the magic happens when you get to the floor. Rocket Abs and Rocket Splits as always, you will leave feeling invigorated. As developed by Larry Schultz, Rocket Yoga is the original Power Yoga, developing way before the fad became popular. This is our most athletic offering however each class exploration and play are encouraged. Rocket can be modified for any level of student.

Rocket III

Rocket III has the most poses of all the Rocket sequences, often called "Rocket Happy Hour", beginning with Sun Salutations, Rocket standing series with rocket splits and then coming into various seated postures, inversions, and arm balances. You get the full effect of the magic of The Rocket when this sequence is practiced in its entirety. As developed by Larry Schultz, Rocket Yoga is the original Power Yoga, developing way before the fad became popular.

This is our most athletic offering however each class exploration and play are encouraged. Rocket can be modified for any level of student.

Slow Flow

In gentle flow, you will go through a sequence that helps connect the breath and body. This class is more therapeutic in nature compared to a regular Vinyasa class. The sequence will focus more on stretching and breathing. Props are encouraged to allow you to fully achieve each pose without discomfort.

Vinyasa Flow

Vinyasa is a unique style of yoga where postures are linked together in a continuous, creative flow. Each movement is timed on an inhale or exhale. You will combine strength and flexibility while toning the body and clearing the mind. Students are encouraged to move at their own pace with intention and to listen to their body as they explore their own edge and discover inner strength. Instructors will offer many options for each pose to accommodate all student levels, beginner to advanced.

Yoga for Arthritis

This classes focuses on anyone with stiff arthritic-like problems and is great for anyone looking to strengthen their bones. Safe yoga postures and breath work are used to lessen pain and develop strength, promoting healthy bone regeneration. Issues related to rheumatoid and osteoarthritis are addressed.

Yoga for Back Health

This class focuses on core and pelvic stabilization and back care using a mix of yoga modalities. This is a great class to help alleviate back pain and also to to strengthen your core.

Yoga for a Healthy Core

This all-levels class is designed with the core in mind. In this class you'll go through vinyasa flow, with sequencing to strengthen all muscles involving the core while linking breath with movement.

Yoga for a Healthier Mind

This class is focused on achieving a balanced, relaxed mind. Yoga posture, meditation, and breath are utilized. Beginner friendly. This class is tailored for people with mental health and addiction issues but is amazing for anyone. The class will focus on ways to accept what is happening and improve the mind state. Excellent for depression, anxiety, addiction, and much more. The class will only be taught by qualified instructors that have experience dealing with these things on and off the mat.

FAQs

How do I sign up for classes?

There are a few different ways you can sign up. Use our online schedule tool to reserve your spot in the class(es) of your choice. Download the Mindbody app, search for M3Yoga and book your classes straight from your phone. Show up 15 minutes before the class starts. While we request that our students reserve a spot online or in the app, we also know life is crazy and that can't always happen. If you'd like to attend a class without reserving a spot, please show up at least 15 minutes early so you can get signed up in the system.

Why should I do yoga?

Yoga is such a personal thing that it's hard to give you YOUR reason to do yoga. Some yogis come to yoga for the health aspect. Some for the spiritual components. Some find that yoga aids in their mental health. Just as every person is different, so too is their reason for doing yoga. That said, there are numerous health benefits to doing yoga. These have been cited over and over in scientific studies.

How do I start yoga?

Sign up and show up! Our instructors will help you get comfortable in your first class, and always offer modification suggestions for poses that may be out of your reach right off the bat.

I'm not flexible, can I do yoga?

Very few people come to yoga naturally flexible. Many of the people you see doing the advanced poses have been practicing yoga for years. Just like anything, you get better the more often you do it; flexible poses are no different.

Do I have to be in shape to do yoga?

Obviously consult with your doctor before starting anything, but at M3Yoga, we firmly believe that there is a type of yoga for EVERY body. That's why we offer three different categories of classes and within those categories a ton of variety. It's also why we offer the most classes in Athens, so that everyone can find a time and class that works for them.

I have a chronic disease/illness, can I still do yoga?

Yes! M3Yoga's founder Nick Combs actually battles his own degenerative disc disease. Our therapeutic classes are designed for those who need to take it a little slower and want to focus on the amazing healing aspects of yoga. Whether an injured young athlete or a 65-year-old dealing with chronic diseases, we believe there's a yoga that can help you and your body.

Where is M3Yoga?

We're located in a converted studio in the Chase Park Warehouse in Athens, Georgia. You can get to the warehouse from either Oneta Street or Tracy Street.

If coming from Oneta, turn in at the Athens Cotton Press sign, follow the parking lot to the back of the warehouse and park where the pavement turns to gravel. M3Yoga will be to your left through the famous Athens Tree Room.

Coming from Tracy, take the first right past the large industrial-looking towers. You can park near the staircase, and M3Yoga will be the right through the red brick Tree Room.

What is parking like at your studio?

Parking is free and plentiful. We do share a large lot with many other growing businesses, so it can be crowded at time, but there's plenty of parking all along the back of the warehouse and even a large paved lot on the side.

Do you have power yoga?

M3Yoga is the only studio in Athens to offer the original power yoga—Rocket Yoga. Founded by Larry Schultz and named by Bob Weir from The Grateful Dead, Rocket Yoga is meant to be fun, challenging, and playful, offering modifications and alternatives for new Ashtanga yogis.

Do you have hot yoga?

Our studio is not heated, however if hot yoga is your thing, try our Rocket classes. Traditionally the breath is used to build internal heat, and you will leave sweaty, invigorated and feeling like you left a heated yoga class.

What do I need to bring to class?

If you've registered online or in the Mindbody app, all you you need to bring is yourself. We have mats (for free!) and props for those who want to use them. For longer classes, you may want to bring a water bottle or face towel.

When should I arrive for class?

For new students, we recommend arriving 20 minutes early to fill out waivers, meet the instructor and get settled in. After your first class, we suggest you arrive at least 10 minutes ahead of the start time. Our instructors lock the door five minutes after the start of class, so being early is better than showing up late and missing your class!

What are yoga props?

Props are simply tools that can help aid your yoga practice. Our studio offers a few different props for free, including blankets, bolsters, cork blocks and straps. Your instructor will make recommendations for potential props before class and can show you how to use them so you can do all the poses without discomfort.

New Member Tips

Welcome to the M3Yoga community!

We are so glad you are here. We remember being a little intimidated the first time we visited a new yoga studio, so here are few tips so you'll feel more at home here.

- Arrive a few minutes early before every class. If you signed up online or using the Mindbosity app, you'll use the iPad on the front desk to check yourself in. If you didn't, give your name to the front desk staff so he/she can check you in.
- Take off your shoes and place them in the rack, then store your belongings in or on top of the lockers before class.
- Be sure and tell the teacher if you have any health issues or injuries so they give suggestions on how to do the poses in a safe and healthy way for you.
- Turn off cell phones or put them on silent to avoid disruptions. If you are expecting an emergency call during your class, we recommend keeping your phone next to your mat on silent.
- Our studio provides everything you need to practice, including mats, for free. If you'd like your own mat, we have some we highly recommend that we sell. Twenty percent of the proceeds from our mat sales go to M3Yoga scholarships for those who cannot afford monthly memberships.
- Do not enter or leave the classroom during meditation or savasana unless it's an emergency.
- To honor those with sensitivities please refrain from wearing perfume or cologne.
- Children 10 and older are welcome to join all our classes if they are able to stay focused and respectful of the quiet environment.
- We encourage you to bring your own water bottles for sustainability, but if not we have cups next to the cooler. Feel free to grab some water or tea you wait for class to start or after class ends. We also sell M3Yoga water bottles if you'd like to rep the studio.
- Consider staying after your first class for a few minutes to tell the instructor what you thought. We take pride in knowing each one of our students so we can recommend the best combination of class types (we have the largest variety in Athens) and ensure we are doing our part to provide the best possible experience. Just because one class or instructor isn't for you, doesn't mean yoga isn't your thing!!
- Our class schedules shift slightly at the start of each month, but any class cancellations or major changes will be announced ahead of time.
- We encourage you to bring friends or family to try the studio! We have a "drop in" rate, which means no membership or signing up is required. We are open 7 days a week with 36 classes to choose from. Each class can be modified to all skill levels.
- Occasionally we offer workshops, which are one time classes for which preregistration is required. Class passes not valid for workshops. These are typical in-depth classes that focus on a specific area.
- When you are first learning the poses, it's ok to glance around the room to see what everyone else is doing, but look to the instructor for your primary instruction. Also, listen for his/her verbal cues that will guide you how to do the poses. If you've consented, our instructors also can help provide adjustments to get you into the pose properly.
- Ask questions. Give feedback. We always want to hear from our students. If you don't understand something, ask! If it's about yoga culture or etiquette, more experienced students are almost always happy to share their expertise. Our instructors also are amazing resources, with thousands of hours of experience. We also always welcome feedback or suggestions at M3Yoga. You can provide those in person or email them to nursenick@m3yoga.com. Your voice matters here, always.
- THERE IS NO PERFECT IN YOGA. Try to enjoy the time you've set aside for yourself rather than focusing on getting a pose exactly "right." Our studio contains students of all skill levels and backgrounds, your practice is already perfect just the way it is.

Registering for Class

In order to provide the best service possible, we have a maximum class size for our classes. We believe each member deserves truly personalized attention, and we are committed to running our classes as safely and effectively as possible. To accomplish these goals, we ask our members to register for class using Mindbody before attending if it all possible.

Below are some instructions on how to set up a MindBody account, register for class, and cancel out of a class if needed. Please see Nick or another instructor if you have any questions or need a more detailed Mindbody tutorial.

Register for class using Mindbody on our website

- 1) Go to <https://www.m3yoga.com/schedule/> and find the class you want to take. Click the green "Sign up" button to the left of the class you've selected.
- 2) Click "Next," then scroll down and click "Create Account"
- 3) Enter your details and click "Create Account" at the bottom.
- 4) If you do not have a subscription or class pass, you will then have to determine what membership option, class pass or drop-in you'd like to purchase to take the class. You'll then go through the purchasing procedure, and will then be registered for class. If you have an active membership or pass, you simply hit next and you're all registered!

Register for class using the Mindbody app

- 1) Download the Mindbody app (Orange icon) from the iOS or Android app store.
- 2) Sign in to your account.
- 3) Click "Explore," then "Fitness," then "Yoga."
- 4) Find the M3Yoga listing and click on it.
- 5) Click "Schedule," then find the class you want to take and hit "BOOK."

NOTE: To avoid searching for M3Yoga in the future, you can hit the heart shape on the M3Yoga listing the favorite the studio. Then you'll only have to hit Favorites to find M3Yoga.

Cancel a class registration using Mindbody on our website

- 1) Go to <https://www.m3yoga.com/schedule/>. Click "My account" and sign in if necessary.
- 2) Click the "Schedule" tab.
- 3) Locate the class you wish to cancel your registration for and hit "CANCEL"
- 4) You will receive an email confirming your cancellation.

Cancel a class registration using Mindbody app

- 1) Download the Mindbody app (Orange icon) from the iOS or Android app store or open it if it's already on your phone.
- 2) Sign in to your account.
- 3) Click "My Schedule" or "Schedule"
- 4) Find the class you want to cancel then hit "CANCEL."
- 5) You will receive an email confirming your cancellation.

M3Yoga Social 101

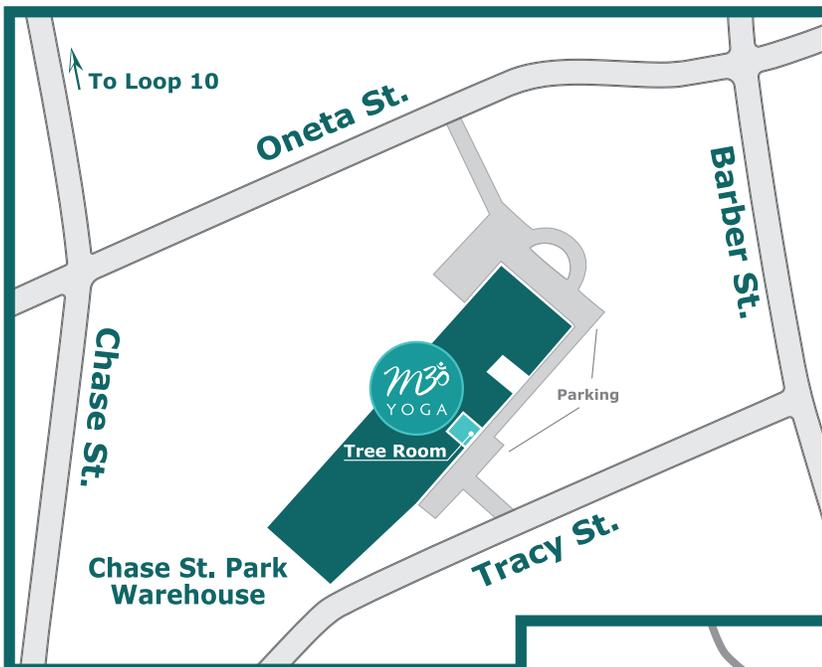
Stay connected to us!

Social media is one of the best ways for our community to stay connected and spread the love.

If you aren't already, please consider following us on Facebook and Instagram. These are where we'll post announcements, workshop info, contests and other M3 content.

[Facebook.com/m3yogaathens](https://www.facebook.com/m3yogaathens)

[Instagram.com/m3yogaathens](https://www.instagram.com/m3yogaathens)



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