

Question	Ans
What is a group live SARVA class?	An online sessions on a digital platform by one or more experts. The participants can learn and practice learnings at home or at any place of their convenience. Such sessions are live, interactive and runs as per the pre-defined schedule. Every day we have 10 slots for yoga and 2 for dance fitness
what is the duration of classes	Yoga classes are a mix of movement, meditation, and breathwork. Our sessions include all three of those components through a series of poses, that keep you occupied for a good 45 minutes, beyond which the screen-time is tiring. Hence, the recommended screen-time is 45 minutes for both the instructor and the practitioner. If you want to practice for more than 45 minutes, you can ask the instructor to suggest you the poses that you can practice on your own. You can practice those after the online session is over for some more time. Wish you a great wellness journey!
Do I need any preparation for the sessions?	It is quite easy! Just check the following things: 1) Don't have a full stomach while practicing yoga, wait for 2 to 3 hours after large meals. 2) Make sure that your yoga dress is comfortable to stretch and breathe with ease. 3) Yoga should be practiced on a levelled floor in a room where doors and windows are kept open for air and light. 4) Select a quiet, clean place for yoga. You can use room freshener, it will make you feel good. 5) Do not practice yoga on the floor, spread a carpet, a blanket or a clean yoga mat. 6) Please keep a water bottle, a small towel, a pillow or bolster, yoga block, yoga belt (or long piece of cloth).
Can I attend a trial class before registering	Our sessions are planned for specific wellness routines, whereas a trial session is generic. Hence, we do not provide any trial session prior as it would not be of any help for the participant.
How do I join/ attend the workshop?	After you register for the program, we will send you an email with a program link. You have to click this link to book the sessions. Sometimes this mail might get into your spam mails, so please check there as well! Ensure that your internet connection is up and you are prepared for the practice.  <a href="https://www.youtube.com/watch?v=MSjAOqi8L9E&amp;ab_channel=SARVA">https://www.youtube.com/watch?v=MSjAOqi8L9E&amp;ab_channel=SARVA</a>
I have never done yoga till now, can I attend the program?	Yes, of course you can! You don't need to have any previous experience. Our trainer will provide you with detailed guidance on how to practice yoga asanas along with modifications to make it easier for you. It would be helpful if you inform the instructor that you are a beginner - in the very first session, so that our instructor can

	give you special attention.
My body is not at all flexible - should I join a yoga workshop?	Of course you can! The more you practice yoga, more flexible you would become over time.
What is the difference between a live group session and an on-demand video session in the App?	A live session is a interactive, in which a participant can ask question or mention that s/he is a beginner or has some physical constraints, that can be addressed by the instructor. An on-demand video session is not interactive, however, the user can download it and view it multiple times for reference during practices.
After I joined the program, I realized that I am not able to attend and I want to discontinue the practice. Can I get a refund for the rest of the sessions that I have not attended?	As per the Terms & Conditions (link available on the Payment page), refund of the payments made is not an option.