

To the question - do you offer a free trial class?

No, and the reason why is that Yoga East is a non-profit organization. Offering free classes to first-time students would have a big financial impact on us and make it very difficult for us to do what we do. Last year (2015) about 1300 students attended for the first time, which generated the income that paid the rent on one of our studios. Offering free classes would probably require us to close a studio or cut the number of classes we offer and lay-off teachers.

Yoga East has not raised its class fees in over ten years even though the costs of maintaining studios continues to go up. Our fees are lower than most other studios in Louisville and we keep it that way to keep yoga affordable for everyone. We offer the most classes at more locations with more teachers than any other Louisville studio. We have one low-cost membership that covers classes at three locations, offering over 50 classes with over 25 teachers. We offer \$5 community classes. We give scholarships to students who cannot afford to pay the regular fees. We offer free teacher training to yoga students who are willing to go out into the community to teach yoga as volunteers at housing projects, community centers, nursing homes and anywhere else where yoga is needed but people cannot afford to pay. We offer grants to yoga students and teachers to study yoga in India and to further their training.

We host world-renowned master teachers who come here to teach workshops. Yoga East is one of the few yoga studios in the world which has hosted both Sharath Jois and Saraswathi Jois, the lineage-holders of the Ashtanga Yoga system and is the only studio in Kentucky with a teacher who is authorized to teach Ashtanga Yoga.

We work hard to offer the most and charge the least.

New students can try 10 classes for only \$45 and this gives you a better idea of what we offer rather than trying just one class. We hope you will try us out and see what makes the Yoga East community special and a valuable resource for the Louisville area.

With warm regards,

The Yoga East Board of Directors