

Zenergy Yoga is Moving: Frequently Asked Questions (FAQ's)

Zenergy Yoga is thrilled to announce we are finally moving to a new space **on Tuesday, March 22¹** as we join yoga communities with [Yoga Village](#). We have listened to your comments and feedback over the past few months and feel confident that this new space and location will give you everything you've been looking for in a yoga studio! The new space is conveniently located less than three miles from Zenergy Yoga's current location, just west of the 101 and Raintree.

Tell me about the new space.

- Twice the amount of studio space as Zenergy Yoga
- Windows, skylights and lots of natural lighting
- Mirrors and beautiful cork floors
- Men's and women's showers
- Separate lobby and retail space
- More parking
- An [expanded schedule](#) with all your favorite teachers from Zenergy Yoga, offering more options to fit your busy lives
- See [pictures](#) of your new yoga home



What does this mean for Zenergy Yoga students?

Not only will you get the great classes and teachers that you've grown to love at Zenergy Yoga, but you will also have opportunities to learn and practice with a talented and inspiring community of yoga instructors at Yoga Village. Yoga Village offers amazing teacher training programs, workshops with world-renown instructors, and two studios to meet your busy schedules. There is one studio in North Scottsdale off Raintree/101 and another in Fountain Hills. You can enjoy classes at both locations with your current Zenergy Yoga packages and memberships. Your yoga packages can still be shared with immediate household/family members.

What happens with my current yoga package?

Yoga Village will honor all prepaid packages through the current expiration dates for all students who have purchased a package after October 31, 2009. Packages can be used at either location (Scottsdale or Fountain Hills). For purchases made on or before October 31, 2009, packages will be honored through December 1, 2011 at either location. To check the status of your class package and expiration date, please log into your account [online](#).

I'm an unlimited member. What happens with my membership?

Yoga Village will honor Zenergy Yoga memberships and current renewal arrangements. Memberships can be cancelled at anytime with a 30-day written notice ([email](#) is acceptable). Zenergy Yoga unlimited membership prices will be in effect through June 1, after which two comparable Yoga Village membership options will be available.

¹ On Sunday, March 27, Teen Yoga will be held at the current Zenergy Yoga location.

Will pricing change at Yoga Village?

Pricing for yoga packages and memberships for classes at Zenergy Yoga and Yoga Village are very comparable. The rates for the combined studio will be similar to what you have been paying at Zenergy Yoga. Yoga Village is honoring Zenergy Yoga prices for all packages and memberships through June 1. After that, Yoga Village pricing will take effect.

Will there be a lot of changes on the schedule?

On March 22, students can enjoy an [expanded schedule](#) with more class offerings and variety to meet your needs with two studios to serve you! The majority of the classes will move right over with no change. A few will have a different start time and others will merge with current Yoga Village classes. Zenergy Yoga teachers are helping to create an incredible schedule that will continue zenergizing you! We welcome your feedback and suggestions and will continue to fine-tune the schedule as we see what works best for everyone. Please continue to sign up for classes on our [online scheduler](#).

What about Kids and Teen Yoga?

The kids yoga program will not be continuing at Yoga Village. These programs have been a core part of the Zenergy Yoga vision, but for a number of reasons were planned to phase out, regardless of this new merger. ***The last kids yoga class will take place on Monday, March 21.*** The current teen/tween yoga program will continue through the end of the month **at Zenergy Yoga**. Yoga Village is considering offering more teen programs in the future. As always, teens and tweens are welcome in the regular yoga classes at Yoga Village.

Will classes continue at Willow Stream?

Yes! Classes will continue at Willow Stream Spa on Sunday-Wednesday. The only change is Jen Brooks' Sunday morning Basic class will replace the "Heart of Yoga" class starting April 3 and the time will still be at 11:00 am. All other classes will continue as scheduled and the 15% discount on services and retail items will also continue with Yoga Village. Please come and enjoy!

I've heard that Yoga Village offers "Anusara Yoga." What is Anusara Yoga and how does it differ from the classes offered at Zenergy Yoga?

In addition to familiar Zenergy Yoga classes, Anusara Yoga classes will be offered on the schedule. Anusara is a wonderful compliment to the classes you've been experiencing at Zenergy yoga. It is widely known and respected for its deep understanding of alignment and biomechanics, so you will experience more detailed instruction. Anusara is also known as the "Yoga of Yes" - it is a fun and rich style of yoga that blends the Tantric ideas of intrinsic goodness into the physical practice of yoga. In an Anusara class, the teacher will begin the class with a short centering, chant and intention for the class. Individual classes will vary from normal room temperature to warm; more vigorous or more basic; and you'll enjoy getting to know the personalities of the teachers and fellow students.

How is Parking?

Yoga Village offers an expanded parking area in its parking lot, which can accommodate about 20 vehicles (while still leaving spaces for their neighbors!). There is also ample parking along the adjacent street (Gelding) and some additional space behind the building. For the bigger classes, do allow yourself about 5 extra minutes for parking and walking from your car, but it should not be necessary to arrive more than 10 minutes before class to park and check in for class.

How do I get started?

Before your first class at Yoga Village, all Zenergy Yoga students will need to complete a Yoga Village waiver, which can be [downloaded here](#) for your convenience or completed at your first visit. [The current Mind Body Online class scheduler](#) will continue to be used at Yoga Village. Everything you will want to know is on the [Yoga Village website](#), but please feel free to call (480-628-1453) or [email](#) us with any questions or comments. Please contact [Ali Kamen](#) **at any time** with questions at <mailto:ali@zenergyyoga.net> or Barbara at Yoga Village at yoga_village@cox.net or call 480-905-8801.

Tell me more about Yoga Village:

Yoga Village, owned by Barbara Adams, has been in the valley for over 8 years. There is one location in North Scottsdale off Raintree and the 101 and a second location in Fountain Hills. Yoga Village offers a complete range of classes each week for every level of yoga student. Yoga Village features Anusara* yoga in many classes and offers fabulous training with world-class teachers for dedicated students and aspiring yoga teachers. Yoga Village was voted the 2011 "Best of Our Valley" for yoga by AZ Foothills magazine!

**Anusara takes its name from a verse in the great text, the Kulanarva Tantra. It reads in Sanskrit, "Skakti-nipata-anusarena sishyo'anugraham-arhati", meaning "Flowing with Grace, anusarena, we experience our inner worth; we align our bodies, our minds and hearts with the divine current flowing through us, we celebrate life itself as we touch the divinity that pulsates within us as our every thought, feeling and experience" -- Dr. Douglas Brooks.*

A Note from Ali:

I'm so thrilled to be a part of this beautiful joining of two great yoga communities. Barbara and I have spent many hours and much energy to make this a fun, rich and rewarding experience for everyone at both studios. She has been a delight to work with and I'm deeply impressed with her dedication to providing the best yoga possible and taking care of her students and teachers. She has welcomed our teachers, staff and students with open arms. Greg and I are really excited to see this new transition take place. We're happy to share that we will be involved for many more months to help transition the teachers and students over and keep incredible "zenergy alive" at Yoga Village. I will continue to teach on the schedule and work at the front desk. I look forward to traveling with you on this new yoga journey to Yoga Village.

Learn more about Yoga Village by visiting their [website](#).

Located at 8241 E. Evans Rd., D 103, Scottsdale, AZ 85260 480-905-8801

(adjacent to the post office on Evans Road, just two blocks south of Costco on Hayden)