

**If I'm a staff member, can I register for this program?** We have a similar program under the umbrella of Somatic Mastery, designed just for Faculty and Staff.

**Can I sign up after October 11<sup>th</sup>?** Yes, you can sign up at any time before November 19<sup>th</sup>, but this program ends on November 19<sup>th</sup>, and there are no extensions. You will pay the full price if you join late. Since there's a benefit of regular practice over time, we highly recommend that you sign up before October 11<sup>th</sup>.

**Will you offer this program again next quarter?** If we get a good response, we'll probably offer this program again.

**Will I be able to take Yoga classes at the ARC?** This program includes a check-in with Certified Yoga Therapist Ashley McKeachie, and online videos to guide you through yoga positions, but you must be a member of the ARC with a Yoga Pass to take yoga classes at the ARC.

**How do I get the Train Heroic App?** You can get the Train Heroic App through Apple or Google. We'll send you an email for your personal program that will come from Train Heroic after you register with Campus Recreation.

**Can I book private sessions with Ashley McKeachie, the Certified Yoga Therapist?** That is possible depending on her availability.

**I have special issues that might prevent full participation in the program. How do I know that this program will be right for me?** At the beginning of the program, you'll fill out a questionnaire, and Ashley McKeachie, our Certified Yoga Therapist, will evaluate your compatibility with the program, and give you the appropriate feedback for your situation.

**Does the Crushing It program meet in person?** The program is designed to operate from the app, and if you are interested, there is an optional Zoom check-in meeting with Ashley every Tuesday at noon. You can practice some of the techniques, and learn more from Ashley. This is completely optional, and not necessary to participate in the program.

**What if I'm not available for the weekly Zoom check-in session because of time conflicts?** There's a messaging system on the Train Heroic app. You'll be able to communicate and check-in with Ashley through the app if you have questions

