

She+ Geeks Out in Boston Treat Yourself Yoga Class

Date : Jan 22, 2019 - 06:00 PM

Event URL : <http://www.BostonEventsList.com/events/she-geeks-out-in-boston-treat-yourself-yoga-class-jan-2019>

Organizer : She+ Geeks Out

Venue :

Location : 92, Newbury St
Boston, MA, USA, ZIP: 02116

DESCRIPTION

Start the New Year off right by joining She+ Geeks Out and [Athleta](#) for a night of yoga and shopping, featuring a yoga class taught by [Julie Helmes](#) and a private shopping hour. Proceeds will be donated to [YogaHOPE!](#) There are only 35 spots available— so sign up now to secure yours!

Note: wear your favorite yoga gear, but no need to bring mats.

About Julie Helmes

Julie Helmes is the owner of The Yoga Loft in Marblehead, MA. Her love for yoga began when she discovered the whole-body benefits of yoga after years of playing high-intensity sports. Yoga became a mental and physical escape where she found new space to build balance in her life. Through years of her own personal practice, she developed the desire to help others find their own healing through yoga.

Julie earned her 200-hour certification from Marianne Wells Yoga School in Costa Rica. Most recently, she taught at Beacon Hill Yoga studio in Boston. She is now deepening her practice by studying Ayurveda medicine and will soon be an Ayurveda Wellness Counselor.



FAQs

Can I get a refund?

Yes, up to one week prior to the event! This helps us better manage our waitlist. We are not able to accommodate last minute cancellations since they are tricky from an administrative standpoint. [Request a refund here up to one week prior to the event!](#)

When should I arrive?

Our event starts at 6 PM. Please try not to come by before then— while we love to see your friendly faces, we need that time to set up and get everything ready before things get going. You'll just be sitting around awkwardly otherwise and that's no fun for anyone.

www.BostonEventsList.com

What if the event is sold out or ticket sales have ended, can I just show up at the door?

Unfortunately not! If we're sold out that means we are really sold out! You can certainly add yourself to the waitlist, but if you haven't received an actual ticket from Eventbrite for this event, we won't be able to let you in the door. If you're seeing ticket sales have ended (which is the day before the event), we've had to stop selling tickets in order to ensure we've got the food ordered properly and nametags set!

Can I transfer my ticket?

We currently do not accept ticket transfers, so if you know you can't go, please update your ticket information by editing it via the link provided to you in your Eventbrite email.

What do I need to bring to an event?

Other than your smiles? You should bring a form of ID. You *won't* need to print out the PDF of the ticket, though— we will look you up when you arrive using all the digital things.

How do I know if I qualify as a geek? What can I expect?

Take a look at our [FAQs on the website!](#)

Where can I park?

All of our events are T-accessible, but we understand that sometimes you have to park. If you do, we recommend you use the [BestParking](#) website.

Do you have food that's gluten free/vegetarian/vegan?

We do request that our sponsors include these options, but we are ultimately beholden to what they order. Most of the time these options are provided!

Thanks to [Athleta](#) for hosting!



ATHLETA

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