SOFT SPARKS

FREQUENTLY ASKED QUESTIONS

Movement practices for deeper connection, as you build fitness on the side.

1. Do we need any experience?

None at all. The course is progressive: it starts with the friendliest pose and builds from there.

2. What do we need at home?

1. Floor space (about 2m x 2m)
2. A cleared fall zone (a yoga mat or pillows help)
3. A sturdy chair for some progressions in lessons 3 & 4
4. Your favourite human

3. How long does it take?

Each lesson takes about 15-20 minutes to complete. Some duos conquer a pose on their first try, while others repeat a lesson for a day or two to feel more confident.

Our rule of thumb is to repeat until you both feel a sense of progress, because some things can't be rushed.

4. We're very different sizes. Can we still do this?

Regardless of gender and roles, start with the lighter partner as flyer, and heavier/bigger partner as base. All these poses are suitable for partners with no size difference as well.
If you'd like to base someone bigger or heavier, simply go slower, check in often, and make sure you have a clear fall space.
If you'd like extra reassurance, the live studio session is a great place to start.

5. Is it only for couples?

Not at all. Parent-child pairs, siblings and best friends are all welcome.

Remember — it is easier to fly. So if you are a parent-child pair, the default is that the parent bases the child so as to ensure your safety.

6. How do I access the course?

You'll get instant access on Payhip right after purchase. Save your account details (i.e. your login email and password) and visit this course anytime from Payhip.

7. What if I get injured?

Firstly, strictly follow the sequence of this course to ensure that your body and mind is prepared. Some moves may look deceptively easy, so avoid skipping the progressions.
If you do get injured, e.g. sprain your wrist or accidentally strain a muscle, take a pause and practice the RICE method where appropriate.
Please also read the disclaimer on the course page.