

NAMASTAY SOBER:

FREQUENTLY ASKED QUESTIONS



WHAT IS NAMASTAY SOBER?

Our mission is to aid those recovering from addiction by reconnecting their bodies and minds through complimentary yoga memberships, a practice of self awareness and wellness-focused community events. [Learn more here.](#)

HOW DO I APPLY TO BECOME A MEMBER OF NAMASTAY SOBER?

Apply online [here.](#)

WHAT ARE THE REQUIREMENTS TO BECOME A MEMBER?

Applicants need to be in some sort of recovery, cannot otherwise afford the gym or studio membership, and attend two NamaStay Flowing or NamaStay Connected Events in person or online. [See events here.](#)

DO I NEED TO BE IN RECOVERY FROM DRUGS OR ALCOHOL TO BECOME A MEMBER?

No, Namastay Sober believes everyone is in recovery from something. Our members can be in recovery from eating disorders, depression, domestic violence, suicide attempt survivors, mental illness, etc.

WHAT ARE THE REQUIREMENTS TO MAINTAIN MY MEMBERSHIP?

Workout at the gym or the studio an average of 3 to 4 times a week, and attend at least 1 monthly NamaStay Flowing or NamaStay Connected event in person or online. [See upcoming events here.](#)

WHAT HAPPENS AFTER I COMPLETE THE NEW MEMBER APPLICATION AND SUBMIT IT?

Your application will be processed and this may take up to one week. After it is processed, you will receive a welcome call. If you do not answer, we will leave a voice message with instructions for the next steps. You will then be contacted by a coordinator who will place you at the gym or studio of your choice (subject to availability and COVID-19). NamaStay Sober will send you a Membership Agreement insert form to complete prior to your membership starting. Your contact information will be sent to the local Chapter Host to set up a time to meet at the gym or studio so you can attend your first class or workout together.

CAN I REFER SOMEONE I KNOW TO APPLY TO BECOME A MEMBER?

Yes, we encourage member referrals.

WHAT IF THERE IS A TIME WHEN I CANNOT GO TO THE GYM OR STUDIO THREE TO FOUR TIMES A WEEK?

If you cannot attend the gym or studio three to four times a week, be in contact with your Chapter Host to let them know.

WHAT ARE NAMASTAY FLOWING EVENTS?

NamaStay Flowing events are our regularly scheduled (in person) get-togethers such as climbing, yoga, documentary screenings, dodgeball, meditation, dinner and discussion offered weekly or monthly depending on your chapter location. They are open to NamaStay Sober members, community members and guests. They are free of cost (donations are welcome) and are designed to strengthen the mind-body connection and NamaStay Sober community. [Learn more here.](#)