

Encounter Yoga Policies and Pricing 2017

The yoga space available at Encounter Yoga is small and intimate, and is limited to a maximum of 8 students so the following policies have been devised to enable the best yoga experience for all participants who attend yoga sessions with Encounter Yoga.

The aim:

To ensure:

- Classes are of an optimal size and timetables meet a range of participants needs.
- The comfort and consideration of all students is acknowledged.
- A level of commitment of participants and continuity of practice is encouraged

Prices:

- Prices for 2017 are as follows;
 - Casual general and gentle yoga \$15 per class
 - General and gentle yoga 10 week term block \$100 (no further concessions available)
 - General and gentle yoga 5 week or ½ term block \$60 (no further concessions available)
 - One off workshops or special programs such as yin, restorative, breath practices, mindfulness/meditation etc prices to be advised.
 - Private or corporate session prices on application (dependent on needs, location, venue etc)

Bookings and attendance:

- Bookings are essential.
 - Please reserve you favourite class time/day by booking for the term and pay in term block
 - If wanting to attend a class on a casual basis please call, text or email Encounter Yoga to see if space is available – if a space is available it will be saved for you.
 - If you try to book in but unable to fit into a particular class Encounter Yoga will keep a waiting list – you will be contacted if there is a cancellation in your preferred class (casual only).
- Please notify Encounter Yoga if you are unable to attend any of your pre-booked classes. A minimum of 12 hours notice is preferred via text, phone or email.
- If you are unable to attend you can change to another class to make up (depending on space availability).
 - Pre-paid Term and ½ Term bookings are to be used within the Term period.
 - If you need to cancel a class and are unable to attend an alternative class, or, if Encounter Yoga cancels a class you have pre paid for, an extension or a refund for that class may be an option. Call me to discuss.

(Please note: Encounter Yoga is not responsible if you pre pay and you miss a class for an invalid reason. However, we acknowledge that some life circumstances cannot be avoided such as sickness or family issues. Please call to discuss options.)

For student comfort:

- Yoga is practiced barefoot – socks may be worn in cold weather.
- Please remove your shoes when you enter the studio and leave on the rack provided.
- Wear appropriate, comfortable clothing that is stretchy and moves with your body – layers are a good idea.
- Mats, blankets and other props are available - students are encouraged to bring own mats and blankets where possible.
- Please switch your mobile phones off or to silent during yoga session times.
- Please keep jewellery to a minimum and refrain from wearing strong perfumes.
- Refrain from eating meals for 2 hours prior to your practice.

Many thanks,
Yours in Yoga,
Anita