**Encounter Yoga Policies and Pricing 2021**

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 a comfortable 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 2021 are as follows;

* Casual general and gentle yoga $20 or $15 concession per class
* General and gentle yoga 9 week term block $110 (no further concessions available)
* Payment in 2 instalments of $55 is advised during COVID 19 Pandemic.
* One off workshops, or special programs such as yin, restorative, mindfulness/meditation etc prices to be advised.
* Private or corporate session prices on application (dependent on needs, location, venue, prop and mat hire 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 for missed class (depending on space availability).
  + Pre-paid 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. However, we acknowledge that some life circumstances cannot be avoided such as sickness or family issues. Please call to discuss options.)

For student comfort:

* In yoga we practice Ahimsa, non-harming of any and all beings.

I thank you for respecting and following COVID 19 guidelines and ask that you adhere to social distancing in the studio.

* 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