

## **Encounter Yoga Policies and Pricing**

The following policies have been devised to enable Encounter Yoga to provide the best yoga experience for all participants who attend yoga sessions with Encounter Yoga.

### **The aim:**

To ensure:

- Classes are of a comfortable size (limited to 8) providing adequate space, and a timetable of classes and styles of yoga that accommodate a range of student levels and abilities.
- The comfort and safety of all students is considered and respected.
- A level of commitment of participants and continuity of practice is encouraged.

### **Prices:**

Current prices are;

- Casual classes \$25
- General Hatha yoga and 'gentle' yoga classes will coincide with school terms and can be purchased accordingly. Classes are \$18 x term duration i.e.
  - 8-week term = \$144
  - 9-week term = \$162
  - 10-week term = \$180

N.B If pre-paying for a term block and you miss up to 2 classes that you are unable to make up – you still better off than paying casual rates – if you are going to miss more than 3 classes I suggest you pay casual or try to make up missed classes at other times.

- Somatic Yoga is presented as a 8-week program and costs \$144 for the 8-week program, or \$25 casual.
- Yin and Restorative Yoga sessions are \$35 per 2-hour session.
- Pregnancy Yoga \$25 per class.
- Summer Holiday Yoga sessions are offered at a casual rate of \$25 per class – book and pay as you go.
- Private or corporate session prices on application (dependent on needs, location, venue, prop, and mat hire etc)

### Bookings and attendance:

- Bookings are essential due to high demand and limited space.
  - Please check your availability and ability to commit to your chosen program of classes/dates before booking.
  - Please reserve your favourite class time/day by booking for the term and pay in a term block if possible. (Please contact me if you are experiencing financial difficulty).
  - If wanting to attend a class on a casual basis, please contact me to see if a space is available – if a space is available it will be saved for you on a ‘first in first served’ basis.
  - If you try to book in but space isn’t available in your class of choice, Encounter Yoga will keep a waiting list – you will be contacted if there is a cancellation.
- Please notify Encounter Yoga if you are unable to attend any of your pre-booked classes.
  - At least 12 hours’ notice is preferred for all cancellations preferably via text or call.
  - If you are unable to attend, you may be able to change to another class to make up for missed class (depending on availability).
- Pre-paid Term bookings are strictly to be used within the Term period.
- If Encounter Yoga cancels a class, you have already paid for, an alternative class or a refund for that class will be offered.

### 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 their own mats and blankets where possible.
- Please leave all mats, props and blankets after your class as you found them – neatly folded and positioned for the next class.
- 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.

*In yoga we practice Ahimsa, non-harming of all beings.  
Please do not attend if feeling unwell.*

Many thanks,  
Yours in Yoga,

Anita