

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 \$20
- General Hatha yoga and 'gentle' yoga classes will coincide with school terms and can be purchased accordingly.
 - 9-week term = \$135
 - 10-week term = \$150
 - 11-week term = \$165
- Somatic Yoga is presented as a 6-week program and costs \$90 for the 6-week program, or \$20 casual.
- Yin and Restorative Yoga sessions are \$30 per 2-hour session.
- Pregnancy Yoga \$25 per class.
- Summer Holiday Yoga sessions are offered at a casual rate of \$20 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 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