

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 or 10 week term block for \$120 (no further concessions available)
- Saturday morning 2 hour sessions of Yin and Restorative Yoga are \$20 per session.
- 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:

- 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.

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. Please do not attend if feeling unwell.

Many thanks,
Yours in Yoga,
Anita