

## Encounter Yoga Policies and Pricing 2022

The yoga space available at Encounter Yoga is small and intimate and is limited to a maximum of 7 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 respected.
- A level of commitment of participants and continuity of practice is encouraged.

### Prices:

Prices for 2022 are as follows;

- Casual general and Prenatal yoga is \$15 per class
- General and gentle yoga are by school term dates and can be purchased as a 9, 10 or 11 week block - or \$112.50, \$120, or \$137.50 respectively - depending on the term length (\$12.50 per class.)
- Yin and Restorative Yoga classes are \$20 for 2 hour 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 your favourite class time/day by booking for the term and paying for a 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