

TERMS AND CONDITIONS FOR GROUP CLASSES

Yoga with Rosie



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1. Group classes are charged at:
 - £15 for a single introductory session
 - £60 for a package of 4 sessions (to be used within 6 week term), or
 - £75 for a package of 6 sessions (to be used within 6 week term), or
 - £108 for an “Abundance package” of 8 sessions (to be used within 6 week term) - this enables you to attend either Yin or Gentle Hatha yoga classes during the term
2. Payment is required in advance, either by cash, cheque, bank transfer or via the yogawithrosie.net website.
3. If a student joins mid-term, then the above prices are pro-rated.
4. In the unlikely event that the instructor needs to cancel a class, then an extra class will be added at the end of the term of 6 sessions or a refund given.
5. If the student is unable to attend a session, there is no make-up class or refund provided. However, in exceptional circumstances, the instructor may, at her discretion, offer a discount on future packages.
6. Classes will start and end at the agreed time – please make sure you arrive 5 minutes before the start time to allow time for set-up. The instructor reserves the right to refuse entry to late arrivals.
7. All students are required to complete a registration form, detailing any injuries or ongoing medical issues that may be affected by a yoga practice. prior to the first session. The instructor may not be held liable for any injuries sustained during or after the yoga class.
8. Payment to Yoga with Rosie signifies your agreement to the above terms and conditions

YOGA TIPS:

Food – yoga should not be performed on a full stomach - I usually recommend a small snack at least an hour beforehand and then a light meal after the class.

Drink – have a little water before you come, but it is generally not recommended to drink during the class. Try to avoid too much caffeine (and alcohol!) for a few hours before the class. These are both stimulants and the objective is to try to relax your body. Drink plenty of water after the class.

Mobile phones – Please switch phones to off or silent. This prevents interruptions to the group as well as helping you to focus better on your practice.

Injuries/Medical condition – if you have any injury or medical condition, please make sure I am aware of it prior to the class.

Props – mats, blocks, blankets are available at The Studio - you are welcome to bring your own, if you prefer.