



## Frequently Asked Questions for Yoga Classes

### Payment and Cancellation

- ✎ For Classes, payment is either weekly basis or in a block, please check with the teacher as to the price of each class. For block payments, please make full payment on the first day of the block.
- ✎ For 1-2-1 classes, payment is either session based or there are block booking options, please select the block payment option and then schedule your sessions from your payment confirmation email.
- ✎ If you need to cancel your booking, please advise us as soon as possible. There is a 100% cancellation fee if cancelled less than 48hrs. There is a no refund policy on block payments.

### What to wear/bring:

- \* Comfortable clothing
- \* Your yoga mat (if you need to borrow one, please let us know)
- \* Towel, for covering your mat, or wiping your brow.
- \* Blanket, for extra support during postures or relaxation at the end of the class.
- \* Strap, for assistance in postures (i.e. help with stretching hamstrings)
- \* Block, for support in postures.
- \* Water, if you need to hydrate.
- \* Notebook.

### Recommendations before class:

- ➔ Please arrive at least 10 minutes before the class, in order to settle and so that the class can start and finish on time.
- ➔ It is recommended that you do not eat or drink for at least 2 hours.
- ➔ Please ensure that you have completed a new client form, which advises the teacher of your personal contact details and any existing medical conditions that require modifications of postures.
- ➔ For consideration of your fellow yoga students, please consider your personal hygiene, particularly in warm/hot weather.

### Recommendations for during class:

- \* Please respect your fellow yoga students, with compassion and confidentiality.
- \* Your practice is your own personal journey, be kind to yourself throughout the practice, know your limitations and make necessary modifications to suit your needs.
- \* Please ask questions as it may be the question you want to ask, others also would like help with.

### Recommendations for after class:

- ➔ Drink plenty of water to hydrate.
- ➔ Listen to your body, rest if you need too.
- ➔ We are here for you throughout your time with us, during this class, please come and talk to us if you need too. All will be treated with confidence, where possible.

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