



# Yoga and Wellness with Anahata

**2730 Millwood Avenue**  
**www.yogaandwellness.com**  
**anahat@yogaandwellness.com**  
**(803) 765-2159**

*Dear Students,*

*I extend a warm welcome to you! I trust that your participation in my classes and services will provide experiences that will uplift your spirit, inspire your heart, and provide you with a great sense of well being in mind and body. Below you will find student information and policies that are implemented for your ease & convenience. Feel free to contact me with any questions or concerns! Your feedback is welcome. Enjoy!*

## **Class Payment Options**

- **Drop-In \$15**
- **Regular Class Pass 8-classes \$88 expires 12 weeks**
- **Regular Class Pass 4-classes pass \$48 expires 6 weeks**
- **Student drop –in \$10**

In the event a class is canceled your class pass expiration date will be extended by one week.

## **Student Registration**

If you are a new student please read the disclaimer at the top of the **Registration Form**. Please PRINT clearly & complete all lines! Register for regular weekly yoga classes on site at Frontier Movement and pay with cash, credit card or check. Register for classes, workshops and courses held at Frontier Movement online at [www.yogaandwellness.com](http://www.yogaandwellness.com) and pay with PayPal / credit card. *Anahata will offer some events, workshops and classes in other locations. Refer to [www.yogaandwellness.com](http://www.yogaandwellness.com)*

## **Each class payment option is:**

- Not redeemable for cash.
- Fully transferable.

## **Prior to Class**

- Be on time to class. This is important in order to maintain group atmosphere & flow of instruction
- The entrance door will be locked at the start of class. If you are late, please enter at the back of the building through the gym entrance and walk to the front and the yoga room. Please note that the back door on Saturday am may or may not be open.

## **Student Policies**

- Wear loose fitting, comfortable clothing. Clothing should be conducive to breathing, stretching & moving. Shoes are to be removed & left in the hallway entrance before entering the yoga studio.
- It is recommended that you bring your own mat. However some yoga mats, blankets and props are provided. Water is available for sale. Please do not wear perfumes, colognes & heavy jewelry to class. Scents can be irritating to those with allergies & jewelry can be disruptive during class
- Please be sure all your electronic devices are off.