



# Yoga and Wellness with Anahata

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*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.

## **New Student Registration**

If you are a new student please be sure to download and fill out the New Student Registration Form.

## **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.

## **Student Policies**

- Wear loose fitting, comfortable clothing. Clothing should be conducive to breathing, stretching & moving. Shoes are to be removed at the entrance.
- 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.