



"Whole in Body, Mind, and Spirit."

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!

On-going 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**
- **Private 1 person - \$75 per hour, 2 people - \$95 per hour, 3-6 people - \$125 per hour, 7+ people - \$175 per hour, please call (803) 756-2159 for appointment**
<https://www.yogaandwellness.com/instruction/#private>

In the event a class is canceled or postponed, 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! After registration, if you wish to attend regular weekly yoga classes with Anahata you may pay online with paypal or square on the student payment page (if you do not have this page link, text or call) or pay with cash or check. Registration for events, workshops and specialty classes with Anahata will be listed in our online calendar at www.yogaandwellness.com Anahata will offer some events, workshops and classes in other locations. Refer to www.yogaandwellness.com for listings and registration links.

Each class payment option is:

- Not redeemable for cash.
- Fully transferable.

Prior to Class

- Arrive 10 minutes before class starts. Be on time to class. This is important for ease of space allotment, group atmosphere and flow of instruction. **PLEASE TURN OFF ELECTRONIC DEVICES.**
- The entrance door will be locked at the start of class

Student Policies

- Wear loose fitting, comfortable clothing. Clothing should be conducive to breathing, stretching & moving. Shoes are to be removed & left at the entrance.
- It is recommended that you bring your own mat. However some yoga mats, blankets and props are provided. Tea and refreshments are occasionally offered for a cash donation Please do not wear perfumes, colognes & heavy jewelry to class. Scents can be irritating to those with allergies & jewelry can be disruptive during class