



Yoga Term Booking Policy

Jean welcomes a diverse range of students to her classes, catering for mixed levels.

Yoga is a personal practice that will differ for every individual person based on their needs. The yoga environment is one that is non-competitive and focused on individual experience rather than performance or perfection. As a result yoga is an ideal environment for each person to experience a meditative flow.

Jean's focus is on the down to earth benefits of yoga, including physical fitness, mental clarity, self understanding, awareness, stress control, spirituality and general well being.

Jean's studio has limited space and there is a maximum of 14 yogis per class for Vinyasa, 8 yogis for Aerial.

Due to life commitments, students will attend classes in different modes (Permanent or Casual). From time to time students will not always be able to attend classes as they had planned.

So this is where communication/clarity is important and will help Jean keep track to allow for changes.

To avoid disappointment:

Permanent students are those who have paid in advance for a full term. Permanent students elect which class they will be regularly attending. (eg Thursday evening).

In addition to receiving a discounted rate to recognize their commitment to yoga, they are entitled to a "catch-up" class if they are unable for some reason to attend their regular class (within the term block).

Casual students who have elected to pay for each class they attend, need to be aware Jean **cannot guarantee** a regular spot, as she may need to offer the spot to a permanent student for a catch-up class.

Prioritizing places for students.

First priority is given to permanent students who advised Jean they will be absent from class and arranged a catch-up class. This will mean the regular class plus a catch-up class leading to two sessions within the week if space is available. Catchup classes need to be within the term block and cannot be carried over to the next term.

Second priority is given to casual students who are required to confirm each class if not already arranged in advance with Jean.

Communication / clarity

If you are unable to make it to class, please contact Jean as soon as possible via TXT .

This is really helpful so she can contact a regular student waiting to do a catchup class.

Some students on the odd occasion need to change nights due to work/family commitments and wherever possible, this will be accommodated – this is why Jean needs to know if you are not coming.

If you have dates you will be away and you know in advance please advise Jean so she can work out other options with you.

Contact Jean on

0412 540 428

Yoga moves us from the inside out, a dance with breath and life.

Namaste

Jean