

## **Policies for Yoga Classes at Soul Source**

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#### **2008 Series**

Classes are taught in dated series:

- Winter Series      Sun, Jan 6 - Sat, Mar 22      11 weeks/classes
- Spring Series      Sun, Mar 30 – Sat, June 21      12 weeks/classes
- Summer Series      Sun, Jun 29 – Sat, Sept 20      12 weeks/classes
- Fall Series      Sun, Sept 28 – Sat, Dec 20      12 weeks/classes

#### **Cost**

Payment options: Cash or Check **PAYABLE TO TEACHER** .

**NOTE: Price per series (full and half) may vary from below if there are holiday's that the teacher isn't teaching during a series. ASK YOUR TEACHER for the current series # of classes and prices for their class.**

- Drop in classes are \$18
- Full series - **1 class a week** *Winter series only*
  - \$154/11 classes (\$14/class)
  - \$168/12 classes (\$14/class)
    - Payment for a partial series that represents more than half a full series is pro-rated at \$14/class (e.g., if a student wants to start before the beginning of the next series)
- Half series **1 class a week**
  - \$90/6 class series- (\$15/class)
    - Payment for a partial series that is less than half of a full series is pro-rated at \$15/class (e.g., if a student wants to start before the beginning of the next series)
- Full series- **2 classes a week**
  - \$264/22 classes *Winter Series only* (\$12/class)
  - \$288/24 classes (\$12/class)
    - Payment for a partial series, two classes in a series that represent more than half a full series is pro-rated at \$12/class (e.g., if a student wants to start before the beginning of the next series)
- Half series – **2 classes a week**
  - \$143/11 classes *Winter Series only* (\$13/class)
  - \$156/12 classes (\$13/class)
    - Payment for a partial series, two classes in a series that represent less than half of a full series is pro-rated at \$14/class (e.g., if a student wants to start before the beginning of the next series)

**Note:** When you purchase 2 class per week series, write a check to each of your 2 teachers for ½ the total amount owed.

**Series purchased are NOT transferable to another student**

### **Refunds**

Refunds are calculated based on the time the cancellation request is received by the teacher, not the day of the last class attended.

**Tuition cannot be carried over to a later series.** All refunds include a built-in administrative fee. Refunds are given according to the following schedule:

- before or during 1st week of classes = 80% of your full payment
- during 2nd week = 75% per class = 75 % of your full payment
- during 3rd week = 50% per class = 50% of your full payment
- during 4th week = 25% per class = 25% of your full payment

Refunds are always issued by check from your teacher **and may take up to 4 to 6 weeks.** No refunds are given after the fourth week of a series. If you have an injury and your doctor says you have to take a break from yoga class (please provide a doctor's note) you will have a credit for the remaining classes.

**Please note: Refund policies are firm. Please do not ask for exceptions. Thanks!**

### **Transfers**

Students may transfer to another class. To do this make your request in writing, citing the class for which you signed up and the class you want to now attend and give this to your teacher.

### **Make-ups**

To make up a missed class, students may:

- Come to a different class before or after your missed class.
- OR Bring a friend to your regular class for free

Missed classes can be made up in another class (other than your regular class) any time **during the current series.** This means that you will make up missed classes by taking more than one class in a week by attending classes in addition to the class for which you are registered (space permitting). Arrive early and be sure to check in with the instructor. Let them know you are making up for a missed class, and who your regular teacher is.

**Make-ups cannot be transferred to other students, and missed classes cannot be carried over to a later series.**

### **Class Cancellations**

If classes are cancelled due to inclement weather or an emergency, there will be a cancellation announcement on the front page of the Center's website ([www.soulsourceyoga.com](http://www.soulsourceyoga.com)) and your teacher will email you. The cancelled class will either be rescheduled at the teacher's discretion or you can make up the missed class in any other class during the current series. Refunds are given only if you cannot otherwise make up your class – notify your teacher if that is the case.

### **Class Termination**

Soul Source reserves the right to cancel a class for the whole series when the required minimum enrollment is not met. In the event this occurs, you will receive a 100% refund for the unused classes that you have paid for.

### **Classes & Workshops Start on Time!**

Please arrive for your class on time. This means 10 minutes prior to the start time. **Late arrivals for yoga classes are asked to wait in the waiting area** during the initial relaxation/breathing practice (first 15 minutes of class). Don't leave! We are happy to welcome you after the initial relaxation.

### **What to Bring to Class**

Bring your (showered/clean) body and an empty tummy; wear your bare feet or socks. Tee shirts, biking shorts, and tights/leggings, sweatshirt/pants are great. Avoid wearing baggy shorts, as you may feel exposed in certain poses. Leave your gum, perfume, and worries outside the studio. We have 2 rest rooms and all the yoga props you'll need. Soul Source is a cell-phone free zone. Please respect our policy and turn your phone off before coming to class.

### **Blankets, Candles, Incense**

The blankets we use in Svaroopaa style yoga are made with synthetic materials and contain no wool or cotton. If you are sensitive to candles or incense please notify your teacher.

### **Store**

- Price list for store items is posted in waiting room above the product shelves.
- Fill out an order form and make check payable to Soul Source (or pay cash) and give to your instructor.

### **Refunds and Donations**

Please consider donating any refund you are due, to Soul Source Center. Donations of any size, at anytime are always appreciated to support our work! Thank you!

### **Classroom Etiquette**

Practicing yoga in a classroom setting is very powerful and can be more effective than home practice for most of us. For maximum benefit to all, group practice also requires that each participant take responsibility for being aware of how he/she affects other students in the room. Here are some suggestions we have that over the years have proven (when observed) to make the classroom a welcoming and supportive environment in which to practice:

- ✓ Turn off your cell phone
- ✓ Do not wear perfumes or scented oils (some students are allergic)

***Soul Source Yoga Policies***

***December 2007***

***Soul Source Yoga Policies Final 01-01-08***

- ✓ Practice on an empty stomach (or a light meal - one that you can digest easily to avoid flatulence)
- ✓ Wear clothing and jewelry that does not make noise (i.e. exercise pants that make a scratchy sound when you move, or bangle bracelets)
- ✓ Breathe through your nose (not mouth) throughout class – this type of breathing is advisable since it more beneficial for your body and is more likely to ensure quiet breathing.
  - Loud sighing, breathing/groaning, though it may feel good (or may have been encouraged in another setting), is not necessary in this context and can disturb other students.
- ✓ Shower before every class and wear clean clothing if you have been perspiring and tend towards body odor AND/OR if you smoke. Sometimes smokers do not realize that their body/hair/clothing has become saturated w/ the odor of smoke. These things can disturb other students. Also, our blankets can absorb perfume, sweat, and smoke odors and must be washed before use again if a student in the above condition uses them.

Thank you for your consideration of these courtesies and we look forward to having you in class!