

Terms and Conditions

Booking Policies

All drop in classes are on a first come first served basis. Please come 10 minutes before class starts to make payment at the door and set up. If you have any injuries or conditions that you feel we should be made aware of please speak to your teacher before the start of the class. Places may be limited so it is advisable to get there early.

Block passes of 6 are a good way to buy classes at a cheaper rate than drop-in sessions and if you are a regular they will be beneficial to save money and time. Block passes cannot be extended, refunded or transferred. With this in mind, please check your diary for the upcoming dates before purchase.

Workshop places are limited in number, hence must be pre-booked and pre-paid. Spaces will only be confirmed upon payment. We cannot offer refunds or credits for those who are unable to attend some or all of the classes on their course due to any other reasons. Should The Shanti Shed cancel all or part of a course, a refund or alternative will be due at our discretion.

Cancellation Policy

We ask that you kindly give us at least 48 hours advance notice to cancel private classes. This will enable us to offer the space to another student. We regret that no refund or transfer can be given outside of these terms for any reason. If a course or workshop is cancelled by The Shanti Shed, you will be offered either a refund or the option of being transferred to an alternative event. Please ensure that you can fully commit to a session or block of sessions before signing up, this will ensure that you don't miss out.

Paying for Class

Drop-in classes are pay on the day, please ensure you arrive with enough time before class to make payment as well as pick your patch. If you have the exact money to hand it is very much appreciated. We do not accept card or cheques.

We do require advanced payment for all private classes, courses and workshops to guarantee your place. We will accept cash, bank transfer or PayPal, although please pay the PayPal fees yourself or your place will not be guaranteed.

The Shanti Shed reserves the right to change the payment and pricing policy at any time without consultation.

Other Important Information

Yoga, when practised correctly, is a safe form of exercise and all at The Shanti Shed are fully trained and insured to cover most eventualities. However, only you know what your body is sensing and we ask that you take responsibility for your own health and care. Bodies vary from day to day and each session may be a different experience for you. Practise for your body on the day, listen to it and adjust your practise accordingly. Never ignore a pain. If you feel the need to stop or take a breather, do it! There is no judgement in class.

Please let us know at the start of any class of any changes to your general condition, any potential pregnancies, injuries or ailments. Should you feel any discomfort during a session, cease practise, advise your teacher and rest. Please also inform the teacher if you felt any unusual discomfort after a previous session.

We kindly ask that you do not attend class should you catch any viruses, colds, infections or any other disease that may impair your performance, or be transmitted easily to other students.

If you have any concerns about starting yoga and have a pre-existing condition, please discuss with your GP or Nurse the suitability of this form of exercise.

If you are expecting a baby please do not attend class for the first trimester. It would be advisable to begin pregnancy yoga classes for a more gentle and specialist form of exercise. In addition, if you have recently had a baby (or babies!) please do not attend class or commit to any form of exercise until you have had your 6 week check up with your medical practitioner and been given the green light. If you have experienced a multiple birth, it is recommended that you wait at least 10 weeks.

The teacher can accept no liability for personal injury related to participation in a session if:

- your medical practitioner has advised you against any such exercise.
- you fail to observe instructions on safety or technique.

- such injury is caused by the negligence of another participant in the class/studio.

Hydration is a very important part of exercise and although we provide free drinks it is advisable to bring your own water bottle to give you the opportunity to drink during your practise.

I understand that Yoga involves hands-on (tactile) correction of posture and I hereby consent for my teacher to work in this way.

Please attend class dressed in an appropriate manner. Do not deliberately show flesh or unnecessary parts of the body to keep the atmosphere comfortable for all students. Yoga is practised barefoot. If you have a verruca or other transmittable infection, please use your own mat only and please purchase yoga socks.

If under 16 you must be accompanied by a parent or guardian.

Any photography or video taken may be used for marketing purposes.

I have read, understood and agree to the above terms.

Name:

Signature:

Date:

Email Address: