



SHIFT BODY & MIND

- Congratulations for taking an active part in your wellbeing.

Group Classes

- Please arrive 5 minutes earlier for all group classes. Classes will start at the appointed time.
- If you are attending a group class bring your own mat and water bottle as well as hand towel. Wear comfortable clothing. We will be getting up from the floor and back down onto our yoga mats so restrictive clothing is not advised.
- Group class sessions bought for a particular month are valid for that month. If a student cannot make a class, a recording of the class will be made available for a limited time to do the class at home, at your leisure.
- Group classes are bookable online at the beginning of every month. Even though you have paid for your class for the month online you please need to reserve your slot for the class on a weekly basis through the website.
- Please provide a 1 month notice period if you wish to discontinue classes.

1:1 Classes

- Please arrive at the appointed time of your session for a 1:1 class.
- 1:1 classes will be invoiced at the beginning of each month but are also bookable online at the beginning of each month.
- 1:1 class cancellations need to be made 24 hours in advance in order to retain the class in the form of a credit that can be scheduled as an additional class outside of your usual allocated timeslot within 4 weeks of cancellation. Failure to do so will result in the class being forfeit. All cancellations made less than 24 hours in advance will be seen as a late cancellation and the class will be charged at a 100% of the normal rate unless there are extenuating circumstances.

- Please notify me of your holiday periods ideally 4 weeks beforehand via WhatsApp or e-mail.
- Please provide a 1 month notice period if you wish to discontinue classes.

Studio Holiday Policy

- Classes run term times only and the studio will be closed over the mid term holidays. However, closure over the summer holidays will span 2 weeks and 2 weeks over the Christmas holidays. Notifications will be sent out prior to holiday periods. Invoices or book on rates will be adjusted accordingly to accommodate holiday periods.

General

- Clients need to disclose any physical disability or injury to the instructor prior to sessions commencing and if necessary gain permission from a medical professional before part taking in physical exercise.
- Do not attend classes if you display any COVID symptoms.
- If necessary CPR will be administered. Please notify the instructor if you do not wish to receive CPR.
- From time to time we might take photographs for marketing purposes. Please let us know via e-mail (Anneke@perpetualenergy.org) if you would prefer not to be shown in a photograph or video.
- We love what we do and want to share relevant information, events, discounts and specials about health and wellbeing with you from time to time via e-mail. You can unsubscribe from this at any time.
- For our full privacy policy and T's & C's please visit our website: www.perpetualenergy.org