

# Welcome to the Healing Arts Yoga room. We hope you will find the information below helpful.

## REGISTRATION/ATTENDANCE

Please register your interest as class numbers are kept to a maximum of 12.  
Yoga mats and other equipment is provided.

### Cost\*

\$160 (Full – 8 weeks)

\* All classes are non-transferrable and non-refundable.  
Classes can be joined part way through the term with payment adjusted pro rata, depending on space available.

\*\* Casual and Trial Classes dependent on space available.

## Class Times

Classes run Mon & Tues 6:00-7:15pm; Wed 7:00-8:00am

For class dates please see [Calendar](#)

## WHAT TO WEAR

Loose or stretchy, comfortable clothing. Pants no longer than the ankle work well for visualising your foot and ankle alignment, but longer pant legs can be rolled up.

## THE YOGA ROOM

The Healing Arts Yoga Room is accessed through the side entrance (to your left when facing the Healing Arts main entrance). It is on the right at the top of stairs.

Bring nothing but yourself and a water bottle to class. Leave all valuables at home or in your car, and shoes, extra clothing and bags in foyer.

Consider using a washable thermos instead of a disposable water bottle.

Please return all blankets, bolsters and other props to their usual place, folded or placed as you found them.

## CLASS ETIQUETTE

Classes begin exactly on time. Arriving on time means to come at least 10 to 15 minutes before the scheduled start. Students are encouraged to come and meditate, stretch or relax up to 30 minutes before class begins.

Late arrivals are disturbing to other students:

**Please be fully settled on your yoga mat at least 5 minutes before start of class.**

If you must arrive late, enter quietly and take a mat near the door, and wait until the opening relaxation has finished before gathering any props

Notify your teacher before class begins if you will have to leave early.

Please, absolutely **no perfumes** or strongly scented body oils.

## MAKE-UP CLASSES

Please read carefully. We want you to enjoy all the classes you've paid for. Here's how:  
If unable to attend class, please give notice so that we can allow the mats to be comfortably arranged for those attending and also offer your place to another registered student wishing to makeup a class.

**12 noon for weeknight classes/ 12 noon previous day for morning classes**

**Phone call is best: (03) 5722 3888.**

**Please note:** If a makeup class is confirmed but not attended, no other makeup classes will be offered for remainder of term.

**And:** Because this system for making up missed classes is dependent on other students, we cannot guarantee that every student will be successful in making up every missed class.

## SUPPORT & ASSISTANCE

Please let us know if you are experiencing problems in class. Questions that arise during the course can be discussed by staying after class, or by phoning the office during business hours on (03) 5722 3888, and Catherine will endeavour to speak with you as soon as possible.

## INDIVIDUAL YOGA AND YOGA THERAPY SESSIONS

Individual yoga classes and yoga therapy sessions are available, and can be booked at reception during office hours. A 25% discount is offered to currently registered students.