

Jackie JJC Yoga

TERMS AND CONDITIONS

PAYMENT

- Individual classes can be booked and paid for by credit card online or in cash at the venue.
- Please note that I do not have a card reader, so am unable to take credit card payments in person.

On-line booking: <https://bookwhen.com/jackiejcyoga>

HEALTH

- Please complete the health form prior to your first class.
- It is your responsibility to inform the teacher of any injuries, ailments or conditions that may affect your practice PRIOR to the start of each class so that suitable modifications can be provided.
- If any posture is painful to you: stop and let your teacher know.
- Yoga is performed in bare feet or with special non-slip yoga socks. For your own safety, please adhere to this policy.
- If you are in a wheelchair, please contact Jackie in advance, so that the wheelchair ramps can be put in place prior to your arrival.

PREGNANCY & POST-NATAL

- Classes are suitable for second trimester (15-30 weeks) only.
- Post-natal: please ensure that you have the OK from your healthcare professional before coming to class.

YOGA MATS & PROPS

- Please bring your own mat and any props that you use.
- No mats or props are necessary for chair yoga

GENERAL

- Classes are for over-18s only.
- It is advisable to allow at least two hours after eating before practicing yoga.
- After class, drink plenty of water.
- Please turn off your mobile phone when in class.