

*Louise Grafton*



## **Yoga Practice Terms & Conditions**

### **General**

All clients must complete a PARq (physical activity readiness questionnaire) prior to participating in any of the classes or 1:1 sessions – if any changes occur please make your teacher aware of this. All classes are for adults.

All clients must wear clothing suitable for participating in a yoga class. Please bring a small towel and water to all classes. You are required to bring a suitable mat, 2 x yoga blocks, 2 x yoga bricks and a yoga strap for participation in the classes. All of these (except for the mat) are available at an additional cost of £20.00 but you are more than welcome to source your own.

Please could you text 07941 653569 or email [info@louisegraffton.com](mailto:info@louisegraffton.com) if you're not able to attend a class, if you are a regular participant.

### **Class Details**

Tuesdays 18.30 – 19.30 Jubilee Hall, Seer Green,

Wednesdays 10.00 – 11.00 Village Hall, Queen Street, Piddington, High Wycombe

Thursdays 18.30 – 19.30 Holtspur School, Beacon Close entrance, Beaconsfield

### **Class Descriptions**

The classes are for Beginners and Beginners Plus and they aim to take away the perceived intimidation of yoga, whilst building the foundations and beginnings of a lifelong practice.

### **Payments for Classes**

#### **Block Bookings**

Block booking payments apply if you can attend 5 or more of the sessions in any block/term of classes and equate to £10.00 per class. You can use them between all venues.

Block Bookings can be made via online banking, by cash or by cheque – if paying by cheque the cheque must have cleared before the first class to which it applies.

If you have paid in advance and then find that you're not able to attend then as long as you have given 24 hours' notice your payment can be transferred to another class, otherwise this won't be possible. Online banking details are available upon request.

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### **Pay as You Go (PAYG)**

For all classes there is the option to pay as you go, which is £12.00 per class, payable before the class, to which it applies, commences. If paying by cheque the cheque must have cleared before you can take part in the class to which the cheque is for.

### **1:1 & Small Group Beginners & Beginners' Plus Yoga sessions**

An initial consultation is required for all participants and is free of charge. The prices for sessions are available upon request. For 5 sessions booked and paid for in advance there is a 5% discount. For 10 sessions booked and paid for in advance there is a 10% discount. 48 hours' notice is required for cancellation and rescheduling of an appointment.

Cancellations less than 48 hours before the appointment/session time will incur a cancellation charge of 100% of the session fee. Cancellations more than 48 hours but less than 72 hours will incur a cancellation charge of 50% of the session fee. Failure to turn up to a session will incur a full session fee.

## **Contact Details & Social Media Information**

[www.louisegraffton.com](http://www.louisegraffton.com) Email: [info@louisegraffton.com](mailto:info@louisegraffton.com)

<https://www.facebook.com/LouiseMGrafton/>  
<https://www.facebook.com/TropicSkincareSouthBuckswithLouise>

Twitter: @LouiseGraftonM Instagram: louloug121

### **Join the Thriving Achievers Facebook Group**

A free community group for women who know that there is more out there for them but they're not sure what, or how to even find out! Perhaps you're stuck in overwhelm, struggling to get time for you, you put others needs before your own. As well as being a yoga teacher I'm also a Life Coach helping women to confidently take the next step/s in their lives, their business/career, their wellness. I created the Thriving Achievers to enable women to have a safe, non-judgemental space where they can work on reducing the overwhelm and achieve success in their lives, being supported and encouraged along the way by other like-minded women.

<https://www.facebook.com/groups/thrivingachievers/>