

Terms and conditions Registration details

Thank you for your inquiry, please see below the details of classes and terms and conditions. Please read carefully.

Yoga for all

Monday Evenings (prenatal yoga)

6:45pm – 8:00pm @ Wanstead Quaker Meeting House
Bush Road, Wanstead, E11 3AU

Monday Evenings (Restorative and alignment yoga/Scaravelli Inspired Yoga) for All
8.15-9.30pm

Wednesday Evenings (prenatal yoga)

Ground floor (Room1)

6:30pm – 8.00pm @ Barkantine Practice
121 Westferry Road E14

Wednesday Mornings (YHLB)

10-11.15am @ Quaker Meeting House, Bush Road E11 3AU
Yoga For Healthy Backs (some terms this class may change to a 12-week course of YHLB, for people who are living with persistent back issues.

Thursdays Evening (Aquanatal yoga)

7-8.00pm

Sylvestrian Leisure Centre
Forest School
College Place E17 3PY
4-weekly blocks

Couples workshops are monthly and can be made by private arrangements with the couples. So please let me know if you want to go through a Active Birth Preparation workshop. You will need to set aside a day for this session.

About Yoga class

Women start the sessions from 14-weeks of pregnancy. The weekly classes are uniquely designed to help focus the mind, body in preparation physically, emotionally and psychologically for the birth. It opens up discussions and options to think about and evaluate what you really do think and want for your birth and for your baby.

The yoga classes are 75 mins long and are specifically tailored for pregnancy. The classes include yoga, breathing, relaxation and visualization. Concentrating on aspects relevant to pregnancy, labour and birth. Yoga has a particularly positive effect on the stresses and strains that sometimes come with pregnancy. Backache, constipation, cramp and many other complaints are relieved and sometimes removed through our practice. The breathing learned in classes is extremely helpful in labour as it promotes relaxation.

Class etiquette: Please arrive to the class in good time, so as not to disturb the flow of the class. This class is for women only.

You will need to wear loose comfortable clothing (most people wear leggings/track suit pants and T-shirts) and have bare feet. Yoga mats are provided, but you are free to bring your own if you like.

Please bring a bottle of water.

Format of the classes

At the beginning of the class, we share names and catch up with the week's pregnancy news. The session is always tailored to accommodate what is happening with you at this point in your pregnancy. Sometimes a member of the group comes back with her new baby share her birth story. The session closes with visualization to bring you back into your body. (Please bring a bottle of water and small towel, and or a bit of fruit to raise your energy at the end of the class)

Aqua natal Yoga

Women start from 14 weeks of pregnancy. The session will last for 45 mins – 1 hour long. You will need to bring a swimming costume, towels, safe rubber soled flip-flops, a bottle of water and shampoo toiletries for after the session. Please also bring a snack to eat on way home.

(Bookings are in only 4-weekly blocks). The depth of the pool is low; you can always touch the floor with your feet. If you have any concerns about working in water please do not hesitate to contact me and talk to me.

The fee for this course is £80 for 4-weeks

Confirmation of booking

To confirm you're booking please go to www.arlenedunkley-wood.co.uk and pay the registration/deposit fee or the full fee using the cart on the Yoga for Pregnancy page. Register by paying the non-refundable registration fee, on the prenatal page of the website or directly into my account **72454150 08-92-86, the full fee if you so wish. All full fee must be paid at or by the beginning of the next class.** Also send the completed registration form via email info@arlenedunkley-wood.co.uk. Downloadable format on www.arlenedunkley-wood.co.uk.

Class registration

When you arrive for your first class please arrive 5 minutes early to go through your registration form.

NB: advance payment is required to secure your place.

Further payments: cash, cheque or PayPal/direct transfer/sum-up. At the first class you are expected to pay for the next 6-weekly block or 10-weekly block (discounted) in advance. **until 39-weeks, when you can pay on a week by week basis.**

Aquanatal sessions: are in 4-weekly block only **and have to be paid in advance to confirm booking.** But can be continued with further payment.

Do you offer concessions? There is a special off discount of 10% on the 10-weekly block of classes for families who are on benefit and have proof as evidence.

Fees

Standard rate:

Registration/deposit & first class Drop-in only fee: £27.00 (online payment needed)

Bookings are for consecutive weeks and are Non-transferable

6-weekly blocks £102

Aqua 4-weekly block £80

10-week block £165 (discounted)

Drop in for trial only: £17.50 payment through website – in advance.

Drop in £17.50 (only available from 39-weeks)

*Please note there is an additional PayPal fee or izettle fee if paid by card.

Fees cover consecutive weeks only

Terms and conditions

For continuity of care, you are encouraged to commit to coming to classes weekly until the birth of your baby. You can book in 6 or 10-weekly blocks, and then make another payment at the end of the block. If you intend to leave the group, please give two weeks notice or you will be invoiced. The prenatal classes are reserved for **you only** and for consecutive weekly classes. Your booking reserves your place in the group until you

have your baby. This ensures that your place is reserved for you and, will not be replaced by another person, who joins. This also ensures that we keep the confidentiality and safeguarding of the members of the class. Space can be cancelled with a two weeks notice, or if you have baby early. Notification must be given to the yoga teacher well in advance. **No refund given.**

Account details: Arlene Dunkley-Wood 08-92-86 72454150.

The decision to perform any form of exercise remains the individual's and the teacher cannot accept any responsibility for problems during or outside a class. If you are in doubt as to you or your baby's health, consult a GP beforehand.

Your responsibility: I understand that I participate in all yoga or aqua yoga classes at my own risk and that any loss, damage or injury or other mishap will not be the responsibility of the teachers. I confirm that I am 14 weeks or more pregnant before the start of the course.

Please sign this and keep a copy for further reference.

Yoga Student name:

Sincerely,



Arlene
DUNKLEY-WOOD