

## 2010 Fees and Frequently Ask Questions (\*HST included).

Description	Cost	Details	Terms
Single Drop in class in Don Mills & Guild South Scarborough	\$14.00*	Come when ever you can make it	Pay as you go.
10 Class Pass	\$113.00*	Use for any of the regular weekly classes.	Purchase and use anytime, no expiration date.
Ten Week Continual Practice Class Pass	\$102.00*	Offered to encourage a continual practice. Use these 10 classes in a row.	Purchase when offered, approximately 4 times a year.
Nine Week Continual	\$92.00*	Offered to encourage a continual practice. Use these classes in a row.	Purchase when offered, throughout the year.
Eight Week Continual	\$81.50*		
Six Week Continual	\$61.00		
1 Year Class Pass	\$1330.00*	Use for any Regularly scheduled Class: Monday, Tuesday, Thursday AM, Thursday PM and Saturday.	Purchase any time throughout the year, expires one year from date of purchase. (Over 200 classes)
Private Classes	Yoga At Home Program	\$125.00-\$250.00 depending on distance, parking. Add HST.	Payment made to book date in advance.
Corporate Classes	Wellness at Work Program	\$125.00 - \$250.00 depending on location /Parking set up and number of participants. Add HST.	Bill at the start of the month for the classes booked. Or bill for the month after classes have taken place. This option applies when billing per student in attendance. Usually taking place in other studios & fitness centers.



### Continual Class Pass Dates for Evenings (7:30-8:30pm) Late Starters Welcome!

Monday Night Simple Yoga Don Mills Location	Tuesday Night in the Guild South Scarborough Location	Thursday Night Sport Yoga Don Mills Location
May 31st – August 23rd (12wks/\$108.00)	June 1st –August 24th (12wks/\$108.00)	June 10th –Aug 26th (12wks/\$108.00)
*no class August 2nd/30th*	*no class June 8th & Aug 31st*	*no class July 1st*
September 13th –Nov 15th (10wks/\$102.00)	September 7th- Nov 9th (10wks/\$102.00)	September 9th – Nov 11th (10wks/\$102.00)
Yes class on Thanksgiving!		*no class September 2ndth*
Nov 22 – Dec 27th (6wks/\$61.00)	Nov 16th – Dec 28th (7wks/\$71.50)	Nov 18th –Dec 30th (7wks/\$71.50)
January 3rd –March 7th (10wks/\$102.00)	Jan 4th – Mar 8th (7wks/\$71.50)	January 6th – Mar 10th (10wks/\$102.00)

### Continual Class Pass Dates for Mornings (10:00-11:00am)

Thursday Morning Simple Yoga Flow	Saturday Morning Simple Yoga Flow
Don Mills Location	South Scarborough Location
June 10 <sup>th</sup> ~ July 29 <sup>th</sup> (7 wks/\$71.50)	May 29 <sup>th</sup> – July 31 <sup>st</sup> (9 wks/\$92.00)
<b>**No class July 1<sup>st</sup> and all of August**</b>	<b>*no class June 26<sup>th</sup> and all of August*</b>
September 9 <sup>th</sup> – Nov 11 <sup>th</sup> (10 wks/\$102.00)	September 11 <sup>th</sup> ~ November 13 <sup>th</sup> (10 wks/\$102.00)
November 18 <sup>th</sup> ~ Dec 16 <sup>th</sup> (5 wks/\$51.00)	November 20 <sup>th</sup> – Dec 18 <sup>th</sup> (5 wks/\$51.00)
<b>**No class Dec 23<sup>rd</sup> and 30<sup>th</sup>**</b>	<b>*no class December 25<sup>th</sup> &amp; Jan 1<sup>st</sup>*</b>
January 6 <sup>th</sup> –March 10 <sup>th</sup> (10 wks/\$102.00)	January 8 <sup>th</sup> ~ March 19 <sup>th</sup> (10 wks/\$102.00)
	<b>*no class Feb 12<sup>th</sup> Family Day Weekend*</b>

### **Frequently Asked Questions:**

**Q: What do I wear?**

**A: Comfortable 'workout' style clothing that gives you room to stretch.  
(No perfume or cologne please)**

**Q: What do I need to bring?**

**A: A mat if you have one, I have plenty to share if you don't.**

**Q: I have never done yoga before, is that ok?**

**A: Absolutely, yoga is for everyone, all levels of experience are welcome.**

**Q: How do you accept payment for classes?**

**A: Cash or Cheque (Cheques made out to Reach Yoga)**

### **Class Etiquette**

~Shoes are left outside of the yoga space.

~Bring as few personal belongings to your mat as possible, if you need to 'see' your belongings, take a spot to the back or the side of the room and put them out of the way.

~No perfume, cologne or fragrant body lotions please, your body will heat up and so will your fragrance. It will make others sic, possibly you too.

~Turn off your cell phone, those on call please put your phone on vibrate at place it in a discreet place.

~ Arrive on time as best you can, but better late then not coming at all. Slip in quietly when you are late.

~ Keep conversation with others to a minimum and use your 'yoga voice' so as not to disturb the others who use the time before class for meditation.