


2012 Fees and Frequently Ask Questions (*HST included).

Description	Cost	Details	Terms
Single Drop in class in Don Mills & Guild South Scarborough	\$15.00*	Come when ever you can make it	Pay as you go.
10 Class Pass	\$115.00*	Use for any of the regular weekly classes.	Purchase and use anytime, no expiration date.
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	\$150.00 - \$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.

Frequently Asked Questions and Class Etiquette:

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: Can I join mid session?

A: Yes you may start classes at any time, there are three payment options.

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 items 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. Please do not stack your personal belongings at the front of the room around the instructor.

~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, out of sight of your classmates.

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

~ 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 and quiet reflection.

~ Be mindful of others you share the space with, we are supportive of each other, but know one wants your discarded socks by their face. Observe your space and be mindful.

~ Most of all, enjoy your time on the mat, it is your magic carpet of stress release!