



## Information for New Students

Welcome to Yogahealth. We hope that you enjoy the classes and experience the benefits in your life, with greater freedom of movement, better health, more energy and vitality and less stress. To help you get the most benefit from your yoga class, we recommend that you read the following points, and feel free to speak to your instructor about any concerns you may have.

### FEE STRUCTURE—1 hour classes

#### First Class

When you try-out your very first class, it is **\$15** for one hour class.

#### Pay By Term

If you wish to join for the rest of term, the cost is \$15 per class, *times the amount of weeks remaining*—9 weeks would be \$135, 8 weeks \$120 etc.

#### Casual Classes

If you would like to pay as you go, casual classes are \$18 per class.

#### Extra Classes

Are just \$11 per class, if you've already joined for the term somewhere.

#### Make-Up Classes

If you miss a class, and you've paid for the term, then you can do a 'make-up' class at any of our other classes, provided it is done in the same term.

#### Discounts

Students who have been coming for 3 consecutive years or more, \$120 per ten week term.  
Couples - 10% off term fees.

#### Mats

New antibacterial mats are now available for \$60 - see your instructor to order. Please note that spare mats are only provided to new students for the first class. If you wish to borrow a mat the first week ensure that you arrive early as instructors are only able to carry a limited number of spare mats.

- **Health issues**

If you have any health problems that you have not already told your instructor about (especially neck and back problems) then make sure you let them know before the class.

- **Be comfortable**

Ensure sure that your mat or blanket is thick enough so that you can be really comfortable for the whole class.

- **Be warm**

In the colder months bring a blanket or extra jumper for the meditation. Socks are fine for most of the class.

- **Empty tummy**

It's preferable to come to class with an empty tummy. So leave 1 hour after a light meal and 2-3 hours after a heavy meal before coming to class if you can.

- **Be gentle with yourself**

Never push into any pain during the class – in this form of yoga the exercises are more effective if you keep it gentle and easy rather than push or strain.

- **Be clean**

Yoga heightens awareness—especially the sense of smell. For this reason and as a courtesy to others, please be clean and avoid wearing perfumes and strong deodorants.

- **Problems in class**

Occasionally some people experience nausea or headaches during or after their first class. Let your instructor know – there are reasons for this and easy solutions.

- **More information**

If you experience any problems during the class or have any questions, please feel free to talk to your instructor – we are here to help. We have information sheets available for things such as insomnia, weight loss, neck pain, headaches, PMT, immune system.