

PARENT AND BABY COURSES

BOOKING INFORMATION - TERMS AND CONDITIONS

By placing an order for Buddha Baby courses, you agree to and accept these terms:

Payments and bookings:

1. Before purchasing, please ensure the course is suitable for you and your baby.
2. When you pay, you place an order to reserve a place on the course and you are making an offer to buy this service. Payment is taken by debit/credit card via our website, using a secure payment service (Stripe). The full booking fee is payable in advance to secure your place on the course.
3. When your order is received you will be sent an email to confirm your offer has been accepted and a contract has been made between us. A course confirmation email is usually sent within 1-3 days. If you do not receive this, please check your 'junk mail' and contact us if not received. Once your booking has been confirmed, changes may not be possible or may incur additional charges or delays.
4. Promotional prices apply only during the period stated.
5. All prices quoted are in UK pounds.

Missed sessions:

1. We regret we are unable to refund or transfer to alternative dates, sessions missed by clients. In the event of a missed session, every effort will be made to ensure you are provided with vital course content and each session will include recap on key teaching and information. However, as a gesture of goodwill, we allow you to offer your place to a friend to attend that session instead.
2. In addition, all paying clients are invited to join the Buddha Baby What's App groups where you are welcome to sell, swap or gift your session if you need to miss it.
3. If a session needs to be cancelled by the facilitator, due to unexpected illness or personal issue beyond their control, or unexpected availability of the venue, where possible an additional session on an alternative day/time will be offered. If not possible, or for clients unable to attend the offered alternative session, we will provide a credit note (equivalent to the class fee).

Course cancellations:

Your right to cancel:

1. You have up to 14 days before the course start date to cancel and receive a full refund.
2. For bookings made after this date, cancellations will be accepted up to and including the second session of the course but this will incur a 50% deduction of the course fee. If we can re-sell the place this deduction will be reduced to 25%. As an alternative, you are welcome to sell the course on yourself, or offer your place to a friend to attend instead.
3. Cancellations made after the second date of the course will incur the full fee, you will not be able to receive a refund, but you may gift the sessions to another person to take your place for the remainder of the course.



Our right to cancel:

1. We may postpone or cancel a course, in the event of unforeseen circumstances. In this instance very effort will be made to contact you as soon as possible.
2. We reserve the right to postpone or cancel a course if minimum numbers required to cover costs are not met.
3. If a course is postponed or cancelled by us, you will be offered a full refund or alternative (except in circumstances as set out below).

Services in exceptional circumstances:

1. In the event of Public Health enforcement closure of in-person sessions, or where it is deemed by us as unsafe (to the class teacher or our clients) to run in-person courses or classes (including but not limited to: severe weather warnings such as snow, ice, extreme high winds, floods, excessive heat waves; pandemics, national lockdowns or other exceptional circumstances beyond our control), sessions may be transferred online where possible. Alternative dates may be offered, but this is not always possible. Refunds will not be offered or given.

Informed consent - Course participants acknowledge and agree the following:

1. To abide by all terms and conditions, rules and regulations, and participant guidelines of the course and classes.
2. To participate at your own risk; that you feel physically and emotionally able to participate; and under the understanding that your own and your child's health and safety is your responsibility at all times.
3. To inform the facilitator of any health or wellbeing concerns for yourself or your baby before participating in any activities and if you experience any pain or discomfort during the class.
4. Not to attend with serious or contagious illness (including but not limited to vomiting, measles, chicken pox).
5. To indemnify and hold harmless, Buddha Baby, including all directors or facilitators, from all such claims or demands of injuries, damages, or causes of action to any person or property which may arise directly or indirectly out of or connected with participation in this activity and classes, use of these facilities, equipment, or sundries.

Buddha Baby liability waiver:

1. The attendance of classes run by Buddha Baby denotes the acceptance of the risk associated with the activities taught, both during and after the course sessions. Buddha Baby, including any directors or facilitators will not be held liable for: a) any injury or harm resulting in participation of any class or use of equipment or oils provided, and b) any damage to or loss of personal property.

CLASS GUIDELINES

So that everyone enjoys the sessions, please be aware of the following:

1. Babies are welcome with all their moods, sounds and smells. Your baby is not expected to behave in a certain way. It is very likely your baby will need a cuddle, a cry, a nappy change, a sleep and/or feeding during the class – all of which is totally ok and welcome!
2. You are invited to actively join in with as much or as little as you feel able.
3. It is best to wear light layers, suitable for movement and sitting comfortably on the floor. For baby yoga I'd recommend avoiding wearing skirts, jeans or belts.
4. Prams, buggies, baby-slings/carriers, and bags can be brought inside of the studio but must be kept safely out of the way.
5. All equipment needed to participate is provided (including yoga mats, massage oils etc) but you are welcome to bring your own if preferred.
6. Please bring a bottle of drinking water for yourself.
7. For some courses, home-baked cakes/biscuits are included, and accompanied by fresh fruit for parents to enjoy along with a cup of tea or coffee. We will provide coffee/decaf coffee, tea/decaf tea, dairy milk/oat milk or herbal tea. Cakes/biscuits are traditional and simple, made from margarine, sugar, organic eggs and flour. A dairy/gluten-free alternative will be available (this is usually a bought, pre-packaged bar - it will not be homemade).
8. If you can put your mobile phone away and out of sight for the duration of the session, this is greatly appreciated. If you need it with you, please use it with respect. It's really off-putting if participants are scrolling or texting throughout the class!
9. **Please do not arrive earlier than 5 minutes before the class start time**, the hall is available for a limited period and time is needed to set up before class begins. There is time included at the start of class for you settle, chat, and check in. If you are late, don't worry, just join in when you can.
10. It might be useful to pop my number in your phone, in case you need to contact me on the day of classes. It's helpful to know if you will be absent/late etc. **TEXT SALLY: 07723 389 294 and if you can put your name as I don't store your name or numbers on my phone.**

Approximate age guidelines – attending with a younger baby

Younger babies are welcome in Buddha Baby classes (baby massage, baby yoga and baby music) and many new parents have found it useful to attend in the early weeks. If you are happy to come along, please just accept that your baby may sleep, cry, feed or want to be held during much of the session (older babies often want this too). As long as you are happy to follow your young baby's cues and respond to their needs, I will demonstrate adaptations where possible.

VENUE AND TRAVEL INFORMATION

Wanstead United Reformed Church - Cromwell Hall, Nightingale Lane, Wanstead, E11 2HD



Directions

From Wanstead High Street, look for the church that separates Grosvenor Road and Nightingale Lane – between Gail’s Bakery and the old Natwest Bank on Wanstead High Street. To your left is Nightingale Lane – you will see the nightingale mural on the wall of India Garden. Across the road is the church, steps or a slope lead to a wooden door, labelled Cromwell Hall. Please enter by this side entrance, Cromwell Hall.

OPENING THE DOOR: If the door is closed, PRESS THE MOBILITY BUTTON to enter or exit – the door works on an electric locking system so do not try to pull it open!

Public transport: Nearest tube stations are Wanstead or Snaresbrook (5-10 min walk) or bus stop - Wanstead High Street (2 min).

Parking: The church owns a small car park on Grosvenor Road which you are welcome to use whilst attending classes. We cannot guarantee there will be a space as we are not the sole users of the hall but you can always block in the silver mini if it’s there which is mine! Paid road parking is available at the top of Grosvenor Road, Wanstead High Street and Wanstead Place. Free road parking is available further down Grosvenor Road. Please check the signs before parking.

