

YOGA

BOOKING INFORMATION - TERMS AND CONDITIONS

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



Payments:

1. Before attending, please ensure the classes is suitable for you – see waiver.
2. When you pay, you place an order to reserve a place at the class or classes and you are making an offer to buy this service. Payment is taken by debit/credit card via website, using a secure payment service (Stripe). If you want to buy a class-pass, you can also pay in class (by cash, card or Apple Pay). The full fee is payable in advance.
3. When your payment is received you will be sent an email to confirm your offer has been accepted and a contract has been made between us. This is usually sent within 1-3 days. If you do not receive this, please check your 'junk mail' and contact me if not received.
4. Promotional prices apply only during the period stated.
5. All prices quoted are in UK pounds.

Bookings:

1. Workshops – booking is via the website or ask-in-class.
2. Classes – When you buy a single class, or class-pass you will be sent an invite to my client WhatsApp group. I will message you approximately 24 hours before the class to ask if you will be attending. It is important you reply Yes or No. You will be charged unless you let me know at least 12 hours in advance that you cannot attend the class.

Cancellations:

Your right to cancel:

1. Workshops – 24 hours cancellation. You can cancel your place up to 24 hours before the workshop and receive a full refund. After this time, the full fee will be charged, but you have the option to gift your place to a friend if preferred. This is inclusive of any packages or payment plans.
2. Classes – 12 hours cancellation. You can cancel your place up to 12 hours before the class and not be charged, receive a full refund or credit note. After this time, the full fee will be charged. This is inclusive of any packages or payment plans.

Our right to cancel:

1. Workshops - We reserve the right to cancel a workshop if minimum numbers required to cover costs are not met. A full refund or credit note will be offered (except in exceptional circumstances).
2. Classes – A credit note will be offered if a class needs to be cancelled for the following reasons (unless in exceptional circumstances). Classes may be cancelled due to:
 - unavailability of venue

- minimum numbers required to cover costs not being met
 - unavailability of facilitator, due to holidays, sickness or personal circumstances.
3. Should a class or workshop need to be cancelled, every effort will be made to contact you as soon as possible.

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), if possible, sessions may be transferred online, or alternative dates may be offered. Please note this may not always be possible. Refunds or credit notes will not be offered or given.

CLASS GUIDELINES:

Please note the following regarding participating in workshops and classes:

1. Please arrive 10 minutes before the class start time so that you can settle and relax before the class, and the class can start on time.
2. Please ensure your mobile phone is turned to silent (do not disturb) and (if possible) kept out of sight for the duration of the session.
3. All equipment needed to participate is provided (including yoga mats, blocks, straps, blankets and eye pillows etc) but you are welcome to bring your own if preferred.
4. Wear comfortable clothes suitable for movement and relaxation.
5. It is advised to leave at least 90 minutes between your last meal and class.
6. Please bring a bottle of drinking water for yourself.
7. You are invited to actively join in with as much or as little as you feel able.
8. **New clients only** - before your first class or workshop, I will check in with you to ensure the session is suitable for you. I may ask you questions regarding your health and wellbeing. You will be asked to sign a liability waiver and to provide an emergency contact person/number.



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 building on Wanstead High Street.
- To your left is Nightingale Lane – you will see the nightingale mural on the wall of the India Garden restaurant. Just across the road is the entrance - steps or a slope lead to a wooden door, labelled Cromwell Hall. Please enter by this 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.

