



BABY YOGA CLASS POLICIES

REGISTRATION / MATERIAL FEE:

A one-time non-refundable registration / material fee of \$20 will be collected by your Facilitator (in the form of cash or check made out to Blossoming Yogis) on the first day of class. In return, you will receive an Itsy Bitsy Yoga® book to help you continue to practice with your baby at home.

FOOD & DRINK IN THE STUDIO:

Studio Be has a no food policy in their studio. Eating food while practicing Yoga could also be a choking hazard for the babies. You can bring water and formula into the studio as long as they are in bottles or enclosed sippy cup. Should your baby need to eat or drink other types of beverages during the class, you can step out into the studio's reception area.

ILLNESS:

Both the adult and child should be free of any symptoms of diarrhea, vomiting, conjunctivitis, fever, or colored nasal discharge for a **FULL 24 HOUR PERIOD** prior to class. For any symptoms identified or undiagnosed, please consult with a Pediatrician prior to attending class. We hate to have anyone miss class, but hopefully we can help keep each other's families healthy by following these guidelines.

DIAPER CHANGES:

You may change your baby's diaper in the studio as needed, but please take the dirty diaper with you when you leave (this is a health board regulation).

CRYING:

Crying is one of the ways babies express themselves and vocalize their needs. Should your baby begin to cry, deepen your breath and relax – no one hears your baby crying as loud as you do. Bring your baby close to you. As you relax, your baby will relax. Use your inner wisdom to do what you think your baby needs to become comfortable again.

SIBLINGS:

As much as we would love to meet your baby's sibling(s), these classes are designed for one-on-one time between the caregiver and baby who is enrolled in the class. We will be offering Family Classes soon, where you will be able to bring your 2 – 4 ½ year old plus younger sibling to class so you can enjoy doing yoga together.

VISITORS:

Please refrain from bringing visitors to watch our class. As with most yoga classes, we learn through embodying the practice and supporting a non-judgmental space for new and experienced parents or caregivers.

OTHER PARENT:

If Mom has to miss class, Dad (or Nanny, Grandparent, etc) is welcome to bring your baby to class or vice versa. Yoga is for either of the baby's parents or caregivers – remember the word yoga means to unite!

CONFIDENTIALITY:

We strive to create a safe, sacred space in the Itsy Bitsy Yoga® classes. Some conversations and feelings displayed in class discussions are better kept confidential. Treat others with the same privacy, honor and respect you'd like to receive.

MISSED CLASSES:

If a student misses a class, no credit, refund or makeup will be given. However, it may be possible for you to attend an adult yoga class instead – please discuss this with your Facilitator. If the Facilitator has to miss a class for some reason, we will schedule a makeup class.

LATE ENROLLMENT:

New students are admitted during the first and second class of a session if the class is not full. Fees are prorated accordingly.

WITHDRAWAL:

A full refund less \$25 administrative fee will be given if notification of withdrawal is received within 48 hours of the first class. No refunds are extended after 48 hours past the first class of the session.

INCLEMENT WEATHER:

Your safety is our biggest concern. Class may be cancelled if our area is experiencing inclement weather on the day your class is scheduled, or if the studio is experiencing a power outage. In the case of inclement weather, we will follow the Lake Washington School District's school closure decisions on weekdays during the school year. On all other days, we will base our decision on current weather conditions near Yoga Studio Be.

If class is cancelled, a message will be posted on the main page of our website (www.BlossomingYogis.com) and you will also receive an email prior to your class's scheduled start time. Whenever possible, we will schedule a make up class. However, you can also attend an adult yoga class at the studio as a make up for a missed class due to inclement weather.

For more information, please see visit our website: www.BlossomingYogis.com