



BABY YOGA CLASS POLICIES AT ORANGE BLOSSOM SOCIETY

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:

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 cups. Should your baby need to eat or drink other types of beverages during the class, you can step out into the other areas at Orange Blossom Society take care of your Baby's needs.

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 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. Check the Orange Blossom Society's schedule as they offer many great classes for older siblings – perhaps they can enjoy a class while you are enjoying Itsy Bitsy Yoga with your Baby.

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 or refund will be given. However, it may be possible for you to attend another class at Orange Blossom Society as a make up – please discuss this with Sharman at Orange Blossom Society. 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. Please speak with Sharman at Orange Blossom Society about the possibility of prorating fees.

WITHDRAWAL:

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

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 facility 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 Orange Blossom Society.

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.

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