

Cambridge Yoga and Fitness

Yoga for Body Breath Mind

The following presents an outline of the services and terms and conditions of Cambridge Yoga and Fitness (CYaF), agreed between CYaF and the client



1. The aim of 1-2-1 Yoga sessions is to help the client develop their own home practice that they can carry out on a regular basis, ideally daily. The client will therefore undertake to make a regular commitment to their practice.

The practice will be specifically tailored to the client's aims and goals and their individual needs and lifestyle.
2. The client will complete a health questionnaire to be returned to CYaF ready for a preliminary first meeting. In the questionnaire the client will also detail what they hope to achieve from Yoga.
3. The preliminary meeting will take approximately 30 minutes and is free of charge. The meeting is intended to make sure that 1-2-1 sessions are suitable for the client, to answer any question they may have and to arrange a date and time for a first consultation.
4. The first consultation will take approximately 1 ¼ hours. Time will be given to fully discuss the best approach for the client and to take them through their practice to make sure they are comfortable with it. The fee for this session is £40.
5. Subsequent review lessons will take between 45 minutes to 1 hour. Review lessons are intended to give continued support, assess progress and give detailed feedback and guidance. The fee for review lessons is £25.

The first review lesson will take place 2-3 weeks after the first consultation and at regular intervals thereafter to be agreed.
6. The fees for all sessions are due at the time of the 1-2-1 session. Payment can be made by cheque or in cash.
7. Notification of cancellation is kindly requested at least 24 hours in advance of the appointment time to incur no charge. Late notification of cancellation incurs a charge of 50% of the session fee. No notification of cancellation, or not arriving for an appointment, incurs a charge of the full fee for the session.
8. Sessions will run from the appointed start time to the appointed finish time. Allowance for lateness of the client or interruptions caused by the client, are not provided for. Exceptional circumstances are assessed at the discretion of CYaF. Lateness on behalf of CYaF beyond the first ten minutes entitles the client to the session free of charge.
9. The client is informed that a Yoga programme involves a slight risk of injury and in extreme cases death, which CYaF seeks to minimise at all times. The client willingly undertakes the programme recognising such risks.