

Group Classes at the MARC.

Tuesdays Gentle Yoga 4-5:30pm

Thursdays Gentle Yoga 10-11:30am

12 people per class, dance room is over 1500 sq feet. Spaces will be marked.

Come as early as 20 minutes prior to class, no earlier as I will be cleaning.

No late arrivals, plan to be fully set up and hands cleaned by start time.

I will clean the MARC floor with a sanitizing cleaner prior to class.

This a large room and a public space, there is no way I can 100% guarantee that the space will be fully sanitized. In addition to my cleaning, I will provide sanitizing spray (or bring your own) and towels if you would like to clean the space under and around your mat.

Bring your own props. I will be putting in an order in September if anyone needs props.

I will have 5 sets of props for rent per class, that will be cleaned and then set aside for one week.

In person class responsibilities:

- Masks required, over your nose and mouth. Masks are to be on while entering, exiting and anytime you are not on your mat and moving around the MARC. Please respect this request no matter your beliefs, I want there to be longevity with hosting classes.
- Once your mat/props are set up and you have washed/sanitized your hands(and feet if you like), *masks can then be removed.*
- You agree to come to class when you feel well, if there is the slightest question as to how you feel, you stay home (myself included). Ahimsa-do no harm!
- You take full responsibility for your own physical well being in the class.
- If you have any concerns about your physical and mental self, get confirmation from your doctor that yoga is appropriate for you.
- Come to class clean.
- Come to class on time and be fully set up by start time, no late arrivals.

In Person Class Prices:

\$15 drop-in

\$65/5 classes **valid for 2 months** from first use. (example: first use Sept 8-expire Nov 7)

\$120/10 classes **valid for 3 months** from first use. (example: first use Sept 8-expire Dec 7)

Yes, these are stricter expirations, please do not ask for extensions.

If you are unsure about your schedule, pay the drop-in.

I recommend you book all your classes as soon as you plan on buying a pass, as classes may fill up.

If you are only doing in person classes the most you can buy is a 10 class pass at a time.

You must book online.

There is no need to create an account (unless you want to).

Please only book if you are committed to coming.

If your plans do change, cancel as soon as you know.

If you need, you can text me a minimum of a day before a class and I can cancel or register you.

You will see the remaining spaces in each class on the embedded calendar on my website.

www.sundari-designs.com

It is an honor to continue to practice with all of you!

Love,
Star