

Karma Yoga & Pilates Studio

Terms & Conditions

Please ensure that you are familiar with the following Terms and Conditions prior to taking out a subscription to join Karma or attending classes at the studio. Thank you.

Membership & schedules

Karma's current timetable is available at www.karma-iom.co.uk or at the studio. Timetables are subject to change at any time, although Karma will endeavour to contact those members affected if a class is cancelled or rescheduled.

The studio will operate on a reduced timetable during July and August and will normally be closed during bank holidays and the TT Festival.

**** Karma does not charge an annual membership fee so by signing up to an annual or monthly membership you are demonstrating a commitment to the studio. One month's notice, or a £45 charge, will be required if you choose to cancel your monthly membership before the anniversary date is due. Similarly, refunds will not be given for 'time unused' in either annual or monthly memberships. ****

Your practice

It is your responsibility to make Karma aware of any medical conditions or physical problems which may restrict your practice. Please always make your teacher aware if you are suffering from any particular physical or emotional problems in order that he/she can take account of this during class.

Some styles of yoga are not advisable for those suffering from the following conditions:

- High or low blood pressure
- neck or back injuries
- hernias
- glaucoma
- epilepsy
- hypertension

Clients who have undergone surgery recently and pre or post natal ladies in particular are not advised to practice physically demanding forms of yoga and **MUST** inform Karma of their condition.

Karma cannot be held responsible for ANY personal injury sustained during a class.

Please choose a class that best suits your ability. This way your practice will flourish and you will receive the full benefits of yoga.

Before class

Please ensure that you book a place in class in advance and arrive on time for classes. Booked space cannot be guaranteed; if you are late your space will be given to someone else

Leave enough time to arrive at the studio, gather your thoughts and be mindful before practice.

Classes are closed to entry 10 minutes after the start time.

Yoga is best practised with bare feet. Shoes are not allowed in the studio. Personal belongings of value can be taken into the studio, but mobile phones must be turned off or switched to silent during class.

Karma cannot be held responsible for items left in the changing area.

Try not to eat at least two hours before a class.

In class

It is important to listen carefully to instructions, and that you never try to practice an unfamiliar pose without first practicing the appropriate preparatory poses or without the assistance of a teacher present. You may put yourself or other clients at risk of injury.

Holding inverted poses such as head or shoulder stands at length should be avoided during menstruation.

If you choose to leave class before relaxation, or you arrive whilst another class is in progress, please consider others by keeping noise levels down while in the changing area.

When practising yoga you are encouraged to focus on the breath, but please don't hold your breath. Deep breathing may not feel natural at first, but with practice it will become second nature.