



## Yoga Class Options

### Choose the Best Yoga Experience for You

#### 1. Gentle Foundations: Go Slow & Restore

- 15-minute introductory phone call with me to discuss your needs and goals
- 45-minute yoga session conducted either in person or via Zoom
- This option is ideal for beginners or those seeking a gentle, slow-paced introduction to yoga, focusing on relaxation and building emotional balance.

#### 2. Slow Mindful Movement for Resilience

- 15-minute introductory phone call with me
- 1-hour yoga session in person or via Zoom
- Stick figure drawings illustrating the session, provided for your reference and practice at home
- This package is suitable for those who have some yoga experience and are looking to deepen their practice with a mindful, slow-flow approach, enhancing resilience and emotional balance.

#### 3. Deep Slow Practice for Balance

- 15-minute introductory phone call with me
- 1 hour and 15 minute yoga session in person or via Zoom
- Stick figure drawings of the session to support your ongoing practice
- 15-minute Yoga Nidra (guided deep relaxation) at the end of your session
- This premium option is designed for those seeking a comprehensive and restorative yoga experience, with extended time, tailored visuals, and a calming Yoga Nidra session to conclude—perfect for cultivating resilience, deep relaxation, and emotional balance through a deep, slow practice.

## Terms and Conditions

### Cancellation Policy

**Single Classes:** Cancellations made at least 24 hours before the scheduled session will receive a full refund or may be rescheduled at no extra cost. Cancellations within 24 hours are non-fundable.

**Class Blocks (3 or 6 Classes):** you may cancel or reschedule individual sessions within your block with at least 24 hours notice. Missed sessions or

cancellations within 24 hours are forfeited and cannot be rescheduled or refunded.

**How to Cancel:** Please notify me by email or phone as soon as possible if you need to cancel or reschedule.

Exceptional Circumstances: If you have an emergency or extenuating circumstances please contact me directly to discuss options.

	<b>Single Class</b>	<b>3 Class Block</b>	<b>6 Class Block</b>
<b>1. Gentle Foundations: Go Slow &amp; Restore</b>	<b>£50</b>	<b>£145</b>	<b>£275</b>
<b>2. Slow Mindful Movement for Resilience</b>	<b>£60</b>	<b>£170</b>	<b>£340</b>
<b>3. Deep Slow Practice for Balance</b>	<b>£75</b>	<b>£220</b>	<b>£430</b>

To book email me at [debbieciclelife@gmail.com](mailto:debbieciclelife@gmail.com) or complete the 'Work with me' form on the website.

I look forward to meeting you.