

Yoga for Pelvic Wellness
Thursdays, February 21 to March 28, 2019
Registration and Payment Information

To register:

- Please complete the registration form (available at <https://www.kathleenpratt.ca/group-programs>) & e-mail to Kathleen for review.
- Once you receive confirmation of your registration from Kathleen, please refer to details below regarding payment.

Payment:

- The registration fee for the **six sessions is \$120.**
- The fee can be paid by e-transfer (preferred) or cheque (made out to Kathleen Pratt - mailing address provided on request). If you wish to pay by credit card, an invoice can be issued (convenience fee applied) and payment accepted on-line.
- Your space will be held when your payment is received, and you will be sent details for the first class, along with an official receipt.

Refunds and withdrawals:

- If the program is cancelled for any reason, all payments you made will be returned.
- If you decide not to continue with the program after the first session on February 21st, and there are at least four participants remaining in the program (or someone on the waiting list who can take your space), you will be refunded the remaining portion of fees paid. You must withdraw before the second session to receive any refund. If there are not four people registered, the remaining portion of your fee will be credited towards a future workshop or course.
- A \$20 administrative fee will apply to all cancellations. Up to eight days of the start date, you may choose to have the remaining fee refunded, or receive a credit for the total amount paid (with no administrative fee) towards a future workshop or course. Cancellations within seven days of the workshop start date will not be refunded and you will receive a credit towards a future workshop or course.

What you need for the program:

- Wear comfortable, loose clothing that you can move comfortably in. Please bring a sweater for your comfort.
- Please bring a yoga mat, water bottle, and blanket. A pillow or bolster and two yoga blocks* are strongly recommended. A strap, tie (old necktie works great) or belt is recommended. Please bring any other props that you are accustomed to using in your practice.
*I purchased a set of two foam yoga blocks from Amazon for \$10.

Please contact Kathleen with any other questions about the class!