

AMRUTHA
BINDU
YOGA

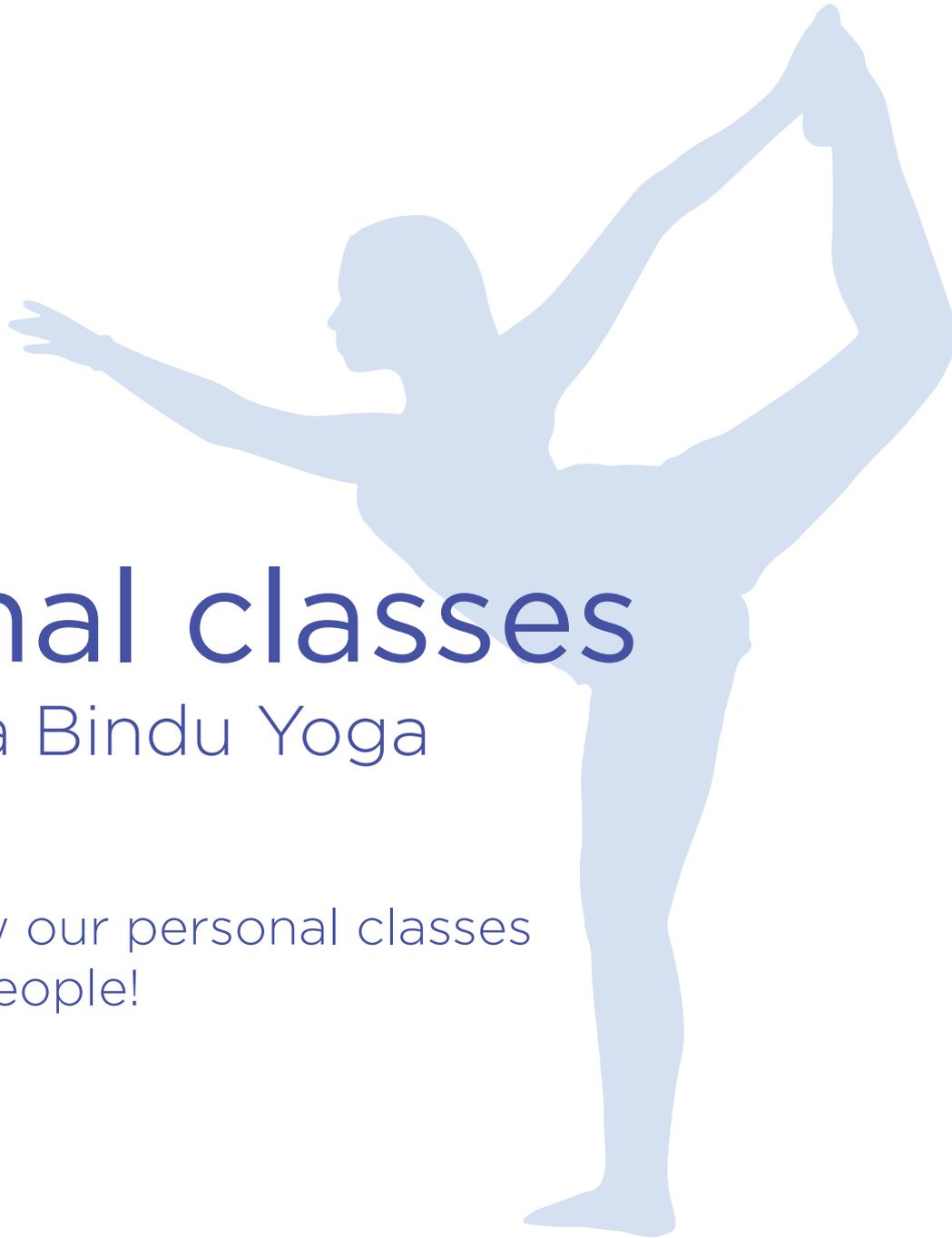
Mind, body & beyond

GUIDEBOOK

Personal classes

By Amrutha Bindu Yoga

Learn about how our personal classes
work and help people!





Practice, as simple as that.

Customized yoga practice at your doorstep
with love from Amrutha Bindu Yoga

Practice at your
space and time.

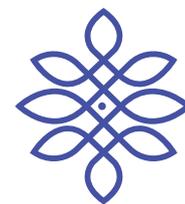
Extensive experience of
asanas and beyond

Traditional and
therapeutic approach

Tailor- made practice

Highly trained yoga
teachers





The two paths

Choose from 2 options, each one customised for your preferences

MONTHLY CLASSES PACKAGE

Ideal for regular practitioners

Thoughtfully allocated classes

The classes are allocated to the teacher keeping the student and required practice in mind

Consistent Schedule

Regular and pre-scheduled classes which adds up to a progressive practice.

Hassle-free payments

Billing cycles to bring in the payments easy for the students and more focus on practice.

ON-DEMAND CLASSES

Ideal for unpredictable schedules

Flexibility in choosing classes

Classes can be scheduled at your convenience and so will the payments for them

Pay per practise

Pay only for the session booked. Nothing more

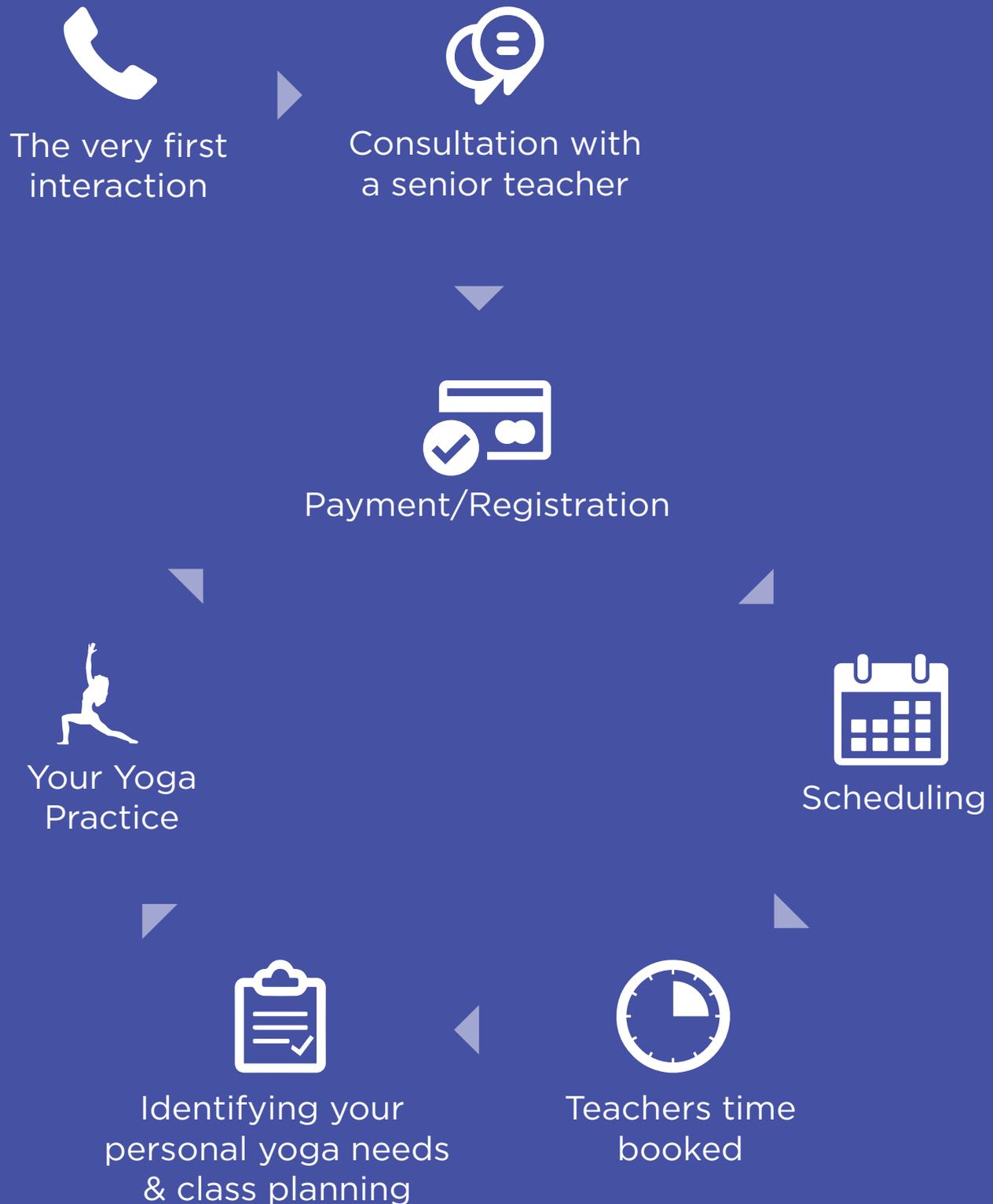
Commitment, but no commitment

Commit to your practice without committing to the number of sessions



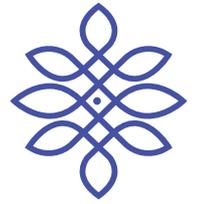
The Circle of Yoga Practice

Understand how our team works to build the best experience out there



The Practice Rituals

Things to keep in mind to enhance your Yoga experience.



Develop a Routine

Life is harmonious when its in rhythm.
We recommend practicing at the same time, at the same place with the same frequency.

Space and Surrounding

The space you practice in influences your state of mind. Keep the practice space clean, bright, airy and quiet.

The Teacher is a Medium

Yoga is a subjective practice and your teacher is just a facilitator. Commit to regular practice and not the Teacher.

Prepare people around you

Prepare people around you to compliment your practice. Turn your phones off. Request the people at home to minimise disturbances.

Practice showing up

The first challenge to your practice is showing up on the mat. There are times when the practise feels impossible. It's crucial to show up at such times and practice how much ever is possible

Better with more people

It's good to do things in a community.
So is yoga practice.

VOLUME CLASS PACKAGES

Pay less with more people



Upto 2 people
₹ 1000/class



3 People
₹ 1500/class



4 People
₹ 1800/class



Every addition person after 4
+ ₹200/class

* 25% additional charges on
ON-DEMAND Packages

PRIVATELY HOSTED WORKSHOPS

Host local community workshops

Convenience of your own place

Workshops are held at your office, home
or even kitty parties

Adaptive pricing

Privately hosted workshops adapts to the
respective pricing.

Build your own local community

Start and engage with the
local yoga community.

TERMS AND CONDITIONS

PERSONAL CLASS PACKAGES

We offer two packages -

- Monthly Classes: Regular engagement with a pre-agreed schedule.
- On-Demand Classes: Spontaneous engagement, yoga classes as needed (depending on the availability of the teacher).

MONTHLY CLASSES

1. The monthly class package includes 12 or more classes booked at one go.
2. The class-package will commence once the payment and billing process has been completed successfully.
3. If the fee has not been received and processed on or before the 5th of a given month, then the classes will not be scheduled for that month.

4. BILLING CYCLE

- Our billing cycle is 6th of a month to the 5th of the following month.
- The fee for monthly class-package is due on or before the 5th of the month.
- In case you begin the package in the middle of a billing cycle, we would collect the fee applicable only until the 5th of the following month and reset the billing cycle to begin on the 5th of the subsequent month.
- If you are carrying forward any classes into the next billing cycle, in accordance with the “Carry-Forward Policy”, then the fee for the subsequent billing cycle will be adjusted for the number of classes carried forward.
- Any surcharge applicable for emergency rescheduled classes must be paid for prior to the next billing cycle.
- The fee are subject to revision on an annual basis.

5. VALIDITY

- The monthly class-package is valid for 1 month i.e., until the 5th of the subsequent month. After the validity expires, no more than 2 unutilised classes may be carried forward.

6. SCHEDULING

- All the classes for the present package will be scheduled at the beginning of the package term after the payment of the fee. The teachers' time would be booked accordingly.
- The schedule and the teachers allotted would be based on Amrutha Bindu Yoga's assessment of your goals and needs and teacher specialisations.
- There would be no classes on public holidays, Sundays and on exceptional days when the classes cannot be conducted owing to circumstances beyond our control, including teacher emergencies. We will make best efforts to keep you informed.

7. RESCHEDULING CLASSES

Within a billing cycle, you may make no more than 2 changes in the schedule (depending on the availability of the teacher). No further reschedules will be entertained.

- **REGULAR RESCHEDULES:** You may request a reschedule more than 12 hours before the scheduled class.
- **EMERGENCY RESCHEDULES:** If you request a reschedule less than 12 hours before the scheduled class, it would incur a Rs. 300 surcharge on the fee for that class.

For any rescheduling, send us a message on our official number given below. In case of last minute reschedules, please contact your teacher as well.

8. CARRY FORWARD

If you are unable to attend all classes in a given billing cycle, for any reason, you will be permitted to carry forward a maximum of two unutilised classes into the next month. The fee for such carried forward classes will be adjusted as stated in Point 4 above.

9. PAUSE

- In cases of emergency, where you would be unable to utilise your classes, you may call us to pause your package for no more than 2 weeks.
- The validity of the paused classes would be extended to next 30 days.
- You may redeem the pause option once in 6 months.

ON-DEMAND CLASSES

1. The on-demand class-package can be booked for 1, 4 or 8 classes.
2. This package will commence once the payment and billing process has been completed successfully.
3. If the fee has not been received and processed, classes will not be scheduled.

4. VALIDITY

The on-demand class-package is valid for 3 months. After the expiry of validity, any unutilised classes shall not be refunded or carried forward.

5. SCHEDULING

- A class under this package must be scheduled at least 24 hours ahead of the intended time-slot by sending a message or email to our official communication channels given below.
- Classes once scheduled, cannot be rescheduled. If you are unable to attend a scheduled class under this package, such class would be deemed as utilised.
- There would be no classes on public holidays, Sundays and on exceptional days when the classes cannot be conducted owing to circumstances beyond our control, including teacher emergencies. We will make best efforts to keep you informed.

PAYMENT

1. Payment Methods:

- UPI
- Online Transfer
- Cash
- Cheque

2. After the payment, send us a confirmation message or email for us on our official communication channels given below. In case of online transfer, send us a reference number for the transaction (or screenshot containing the reference number) as well.
3. The fee received shall typically be processed within 48 hours, subject to bank and payment gateway processes and working hours. We will send you a receipt thereafter.

GENERAL POLICIES

1. Class-Packages may not be shared with or transferred to other people.
2. We do not offer refunds under any circumstances.
3. Please disclose any injury, illness or discomfort that you may be facing to your teacher, prior to the commencement of a class. Amrutha Bindu Yoga will not be responsible for any injury, illness or other damage you may suffer as a result of nondisclosure of your existing condition.
4. Amrutha Bindu Yoga reserves the right to refuse classes in case you are found to be in a physically and/or emotionally unfit to take the class.
5. Amrutha Bindu Yoga firmly believes in providing a safe working environment to all its teachers, and your home or selected venue for personal classes is their workplace for the duration of your classes, and a respectful and appropriate behaviour with the teacher is expected at all times. If you behave inappropriately or harass any of our teachers, at any time, your entire package shall be forfeited, and where necessary, Amrutha Bindu Yoga reserves the right to initiate appropriate legal action against you.

COMMUNICATIONS

1. We are available on WhatsApp at [+919901251649](tel:+919901251649). We broadcast all our updates, notices, holidays, upcoming events & offers through it. To make sure that you don't miss out on important information, please save this number as Amrutha Bindu Yoga.
2. If you are not available on WhatsApp, please let us know and we will send you an email with the update.
3. For any question, comment, feedback, grievance, please feel free to reach us on WhatsApp or at hello@amruthabindu.com.