



**HEALTH LINK  
CHIROPRACTIC**  
*Connecting back to wellness.*



### **Yoga Class Schedule**

Mondays 6-7pm (Mat) Instructor: Susan

Tuesdays 9:30-10:30am (Mat) Instructor: Holly

Thursdays 9:30-10:15am (Chair-45 min) Instructor: Holly

Saturdays 9-10am (Mat) Instructor: Gaynell

Pre-registration for classes is required (11-15 students total per class) and is on a first come, first serve basis. Students may email [appointments@healthlinkva.com](mailto:appointments@healthlinkva.com) or call 804-559-6818 to sign up.

### **Pricing**

Drop In \$14.00

4 Class Package \$48.00 (expires in 2 months)

8 Class Package \$88.00 (expires in 4 months)

12 Class Package \$120.00 (expires in 6 months)

(24 and 36 class packages also available: \$10/class)

\*All packages are non-refundable

### **Arrival and Sign-In**

The doors will be open to students 15 minutes prior to class. We strive to begin class on time. This gives us the needed time before and after class to assist our students. Once class has begun, the doors will be closed and late students may not be admitted.

### **Yoga Practice Tips:**

- ✓ Seek advice from a physician before beginning any type of exercise program, including Yoga.
- ✓ Eat 1 to 1½ hours before practicing, or eat something light. Be well hydrated and have water available during class.
- ✓ Wear comfortable clothing you can easily move in. We typically keep the room at 70 degrees... so please wear layers that can be removed during class if you get too hot or uncomfortable.
- ✓ Slip off your shoes and stay awhile ... yoga is best practiced in bare feet. Chair yoga students may practice wearing shoes.
- ✓ Avoid putting heavy lotion on before your practice as this may cause slipping and interfere with practice.

- ✓ During the practice, let go of conversations and be mindful of others around you.
- ✓ Yoga is non-competitive! Be mindful of your limitations. Listen to and respect your body. -Your practice is your practice.

### **Health Link Yoga Studio Rules and Procedures:**

- ✓ **Pre-registration is required for ALL classes** by calling the office 559-6818 or texting that number to reserve your spot. We will return your call as soon as possible to confirm there is room in the class.  
\*If your intention is to sign up for all 8 classes in the session you must let us know that. You are able to sign up for a single class, multiple classes or the entire 8-week session.
- ✓ **Pre-payment** is required before classes.
- ✓ **Class size is limited to 11-15 participants plus the instructor.**
- ✓ **You will need to sign a waiver prior to your first class.**
- ✓ **PLEASE DO NOT come to the studio if you have any of the following symptoms** (fever over 100.4, cough, shortness of breath, headache, nausea, fatigue that you cannot relate to any other health condition) or have been exposed to someone with symptoms or tested COVID+ in the past 5 days.
- ✓ **Masks are optional.**
- ✓ **Please bring your own mat.**
- ✓ **We do offer shared blankets, blocks and straps but you are welcome to bring your own props as well.**
- ✓ **We offer touchless check in.**
- ✓ **The yoga room is cleaned regularly.**
- ✓ All cell phones must be turned off or silenced while in the yoga studio.
- ✓ All class packages have an expiration date. It is the student's responsibility to take all classes within the time allotted.
- ✓ **Inclement Weather:** If a class is cancelled due to inclement weather, you will receive a text and/or email AND our office phone message is changed.

### **Cancellation Policy**

- ✓ **Cancellation Policy:** You must cancel *by 3 pm the day BEFORE your class*. After that time, you will be charged for the class.
- ✓ **Wait List:** We do have a wait list available for each class. A wait list will be used if there are more than 11 participants that have pre-registered for the class. If someone cancels, we will call the wait list in order and offer the open spot to them.