

## OKIDO YOGA IN-PERSON CLASS – at Watford Quaker House

150 Church Road, Watford, WD17 4QB

on Thursdays (10:30-12:00 noon) commencing on 26 May 2022

### MEASURES to run the class

In order to reduce the risk of spreading illness, the following measures will be in place:

- The maximum class size will be eight students for each lesson. Participants are required to **book in advance** due to the limited spaces (see **HOW TO BOOK** below).
- Participants must not attend if they have symptoms of, or believe they might have, Covid-19 or any other illness.
- Participants must bring their own yoga kits and drink.

### HOW TO BOOK

#### Advanced bookings

1. Please book one or more lessons in advance with payment by bank transfer or \*cheque\* of £11 per lesson.

Our Account Name: Okido Yoga UK, Sort code: 08-92-99, Account number: 65932427

Reference: WD-(your name initial). (family name as many letters as fit) e.g. WD-T.MORI

\*Cheque\* is payable to **Okido Natural Health Education Trust Ltd.**

2. Email us ([contact@okidoyoga.org.uk](mailto:contact@okidoyoga.org.uk)) to tell which lesson(s) you are booking.

#### Last minute bookings

There may be some available spaces on the day. If you wish to reserve a space on the day, please contact Tomoko by email by 9:00am, and wait for her reply.

#### Cancellations

If you cancel with at least 72-hour notice, you will have a choice of

- 1) receiving a refund for that lesson,
- 2) leaving the money with us as a credit for any type of future lesson(s), or
- 3) receiving a recorded lesson which is accessible for one week.
- 4) We may stream the lesson online. If so, you have a choice of attending it from home.

If you cancel with less than 72-hour notice, you will have a choice of 3) or 4).

If the teacher cancels a lesson, you will have a choice of 1), 2) or 3) as described above.