

Mindful Pregnancy Yoga

Terms & Conditions

The following terms and conditions apply to Mindful Pregnancy Yoga and any bookings made via the site using its registration portal, contact form or other direct communication means including email.

Key Information

The 6-week pregnancy and birth preparation and postnatal courses are run over 6 consecutive Wednesdays commencing on the dates indicated on the MPY website pertaining to the relevant classes.

Pregnancy and Birth Preparation Sessions	18:00 – 19:00
Postnatal Sessions	19:30 – 20:30

Course Location (unless otherwise notified):

Barton Church Hall
32 Barton Road
Canterbury
CT1 1YQ

Please once you have completed this registration form press the “submit” or register button.

Course Cost and Payments

The cost of the 6-week course is £80. Other courses may have different rates as applicable.

Please complete the payment within 48 hours of booking to secure your place as spaces are limited. MPY will send you bank details once you submit your registration.

The website booking system will operate a reserve list. If you register and are placed on the reserve list, we will contact you should another person cancel making a place available to you.

Cancellations

If for any reason you need to cancel your participation in the course prior to its commencement (minimum of 2 weeks), 50% of the complete payment will be reimbursed. No reimbursements will be issued after that date.

Should MPY need to cancel a class it will be due to unforeseen circumstances, illness or a problem with the venue. Where possible sessions will be re-organised. MPY accepts no liabilities for cancellations beyond our control but will act reasonably over refunds if notice is sufficient and we are unable to reschedule.

Confirmation and Acceptance of Terms and Conditions

You will be asked to confirm during your registration by check box, that you have read and accept these terms and conditions. MPY will not be able to offer you a place if the registration and all confirmation boxes are not completed.

It is essential all health and pregnancy declarations are completed accurately. MPY accepts no liability for health or pregnancy conditions. The advice of your health and care professionals looking after your pregnancy is always paramount.

Housekeeping and Attire

Please arrive to class 5 minutes early to allow yourself time to settle wearing comfortable clothing.

Traditionally yoga is practiced barefoot to support stability, however you may practice in socks that have grip on them if that is your choice.

Yoga props will be provided by MPY including mats, blocks, straps and blankets. You are welcome to bring your own if you wish to.

You may also wish to bring some water for hydration and a cushion for more comfort.

Disclaimer

MPY will use information provided by you in this form only in the context of yoga practice. All details provided will be confidential and stored in a digital form.

Please see the MPY Privacy Policy for how our site handles your data and how MPY may use it for the purposes of bookings and communications.