



Yoga Class & Policy Information

Classes are considered to be “all levels” unless otherwise specified.

All classes and events must be pre-booked and/or paid for in advance by downloading the registration form and sending in payment to arrive at least 3 days prior to the event date.

Meeting the deadline is important, because we need to know exactly how many people to expect so that we have enough equipment.

All students must be 16 years of age or older.

Pre-scheduled retreat events must have a minimum of three. (This does not apply to privately scheduled classes.)

In the case of inclement weather (for outdoor events only), you will be notified via phone or email about the cancellation. An alternate date for your lesson will be provided. Chesapeake Yoga & Wellness will do its best to accommodate all students by offering alternate dates/times in order to fulfill your lesson booking, and if unable to do so, will provide a full refund.

Please note that there is a 24-hour class cancellation policy. No refunds or reschedules will be made for cancellations within 24 hours of the scheduled class. Please also note that our class policy is that there must be at least 3 students signed up in order for class to be conducted. If for some reason the class you have registered for has not met this attendance requirement, we will be sure to notify you right away.

Arrival: Please arrive at least 15 minutes before lesson to get fitted with the appropriate equipment (bike, board and paddle, mat, etc.) so that we can begin on time.

Thank you!