



Getting the most  
out of  
KatePorterYoga

## **Getting the most out of KPY**

*KPY is a special community of yoga students and we want to keep it that way. This booklet contains the basic guidelines that we use to ensure that KPY and every student is treated fairly.*

*Please read this guide to get the most out of KPY. If there are any updates to this guide, they will be published on our website.*



*“Success isn't how far you got, but the distance you travelled from where you started.” ~ Anonymous*

# Contents

What we do for you .....	4
The KPY boutique .....	7
General terms and conditions ...	7
Booking classes .....	9
Cancelling bookings.....	9
What are the package terms?	11
Yoga etiquette .....	12
Yoga holidays .....	14
A final word.....	15

## **What we do for you:**

- Provide a safe and clean environment to practice yoga. It is imperative to tell Kate of any injuries or illnesses you have – all information will be kept strictly confidential and we do not share your particulars with any third party – ever.
- For each class we provide: freshly laundered towels, clean mats, blocks, belts, blankets and homemade iced tea with a dose of love to refresh you at the end of the class!
- Kate plans the classes each week to ensure that every part of your body gets attention (wanted or unwanted) at some stage. She also works to

develop your understanding of poses and to progress your yoga practice. If there is something specific you would like her to cover, please let her know.

- Classes range from traditional Hatha through to Yin - we try to keep a varied programme. The schedule is published once a month and emailed to all students.
- Included in the price of each class is a free Step Workout: up 54 steps to the studio and down 54 to escape – for no extra charge!
- Our Indico Tabular (notice board) is updated with our latest news and events. Should

you wish to place a notice on the board, please let us know – it is there for the whole community.

- Our website is regularly updated and also has the current class schedule (and the ever-popular tea recipes). Please feel free to visit it from time to time to keep up to date on our news.
- Each month (usually the last Sunday of the month) we hold a Workshop, which is a two hour tutorial class focusing on certain aspects of yoga. The Workshop series runs for a whole year. Further details are available on our website.

## **The KPY boutique:**

- We keep a stock of yoga items that you may want to use at home; these include blocks, belts, non-slip towels and mats. If there is any item you would like us to source for you, please just let us know - we will try our best.
- We have a selection of beautifully presented Yoga Gift Cards should you wish to give someone an introduction into the wonderful world of yoga.

## **General terms and conditions:**

- KPY reserves the right to cancel any scheduled class if there are three or less students due to attend, so please keep on

- coming to classes.
- KPY reserves the right to change the class schedule or have another teacher lead the class without prior notice although we will do our best to let you know of the change.
  - In all disputes the decision of KPY is final.
  - Payment can be made by cash or cheque.
  - By signing the Waiver Form you have agreed to irrevocably release and waive any claims that you have now or hereafter against KatePorterYoga. A copy of the waiver form is available on the website for your reference.
  - None of the above terms and

conditions infringe upon your statutory consumer rights.

### **Booking classes:**

- Booking is essential for every class.
- Bookings can be made by phone, text or email – whichever suits you best.
- Bookings are allocated on a 'first come first served' basis. Bookings can be made as far in advance as you wish.

### **Cancelling bookings:**

- If you have booked a class you can't attend, please cancel it.
- We try to only charge when your non attendance negatively affects other students.

- Cancellation less than two hours before a class is deemed a LATE cancellation.
- Late cancellations MAY incur a charge.
- Not arriving for a class you have booked will ALWAYS incur a charge.
- For Workshops cancellation less than 48 hours before the Workshop is deemed a late cancellation and will incur a charge.
- The cancellation policy exists because class sizes are restricted and there may be a waiting list. If you cancel with enough notice those on the waiting list should not lose out. You may cancel by phone, text

or email.

## **What are the package terms?**

- Packages may not be shared between students, however a stamp may be used by a friend or loved one, but only one for each set of ten classes in your package (i.e. one on the Silver or three on the Gold package). That should be enough to ensure your ongoing popularity! These stamps will be made in blue.
- All packages are non-refundable and non-transferable. Extensions will not be given without prior arrangement - i.e. extensions must be requested at the time

of purchase, not during the course of the package.

- KPY reserves the right to withdraw and refund pro-rata any unused portion of a package at its sole discretion.
- When Kate goes on holiday, if a substitute teacher is not provided, all packages will automatically be extended for the equivalent time Kate is away.

### **Yoga etiquette:**

*At KPY we do all we can to make your life with us as stress free as possible. We have learnt that these guidelines ensure you and your fellow students can enjoy your time with us to the maximum.*

- It is ideal to arrive five to ten minutes before the start of a class. We open the studio door fifteen minutes before the class begins.
- Please leave all your stress and worry at the front door, you will not need it during class. Sadly, we cannot guarantee that you will not find as much stress and worry waiting for you when you leave.
- Should you arrive late, please come in as quietly as possible. Should the class be sitting in silence, find a place to sit down and be still - DON'T set up your mat until the class begins to move again - otherwise you may get some nasty looks!

- Kindly turn off your mobile or handphone. Should you have to keep your phone on, please switch it to silent and ensure the light of the screen does not disturb your neighbour.
- We may reserve certain locations in the studio for students with special needs.

## **Yoga holidays:**

From time to time KPY organises yoga holidays which are suitable for yogi's and non-yogi's alike. We will let you know when the next holiday is planned and, of course, details will be on our website as well.

Our holidays are not in the form of the usual yoga retreat, as we


offer yoga for normal people  
our holidays include delicious  
food, cocktails at sunset and an  
emphasis on fun and friendship!

The locations of our holidays are  
chosen with non-yogi's in mind, so  
if your friend or partner is not joining  
us for the yoga sessions there will  
be plenty for them to do.

### **A final word:**


Each student is special to us, and,  
therefore, if there is something you  
would like to suggest that would  
improve KPY, please let us know.  
Thank you for being a part of the  
KatePorterYoga community.



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