



Danna Yoga Studio Guidelines

Tzamrot 4, Herzliya

General:

- Please make sure to register for classes by Saturday before the upcoming week :)
- Classes start on time. Please arrive with enough time before the class starts to settle in comfortably.
- Avoid arriving more than 10 minutes late to the class.
- Latecomers are asked to wait until the end of the sitting meditation and enter the practice space quietly.
- Please silence or turn off your phone during the class.
- Personal belongings should be placed in the designated area and not near the mat to avoid disruption or distraction.
- Avoid talking on the phone in the practice space or the entrance area of the studio.
- Practice is done barefoot without socks. Please make sure to remove your shoes in the designated area and maintain personal hygiene by washing hands and feet before the class, ensuring that all studio participants can enjoy clean equipment.
- Students should inform the teacher of any changes in their health condition, including taking medications.
- It is recommended not to eat two hours before the class. It is also not recommended to drink during the practice.

Registration:

- Registration is a commitment to a specific class on a specific day and time every week.
- Consistent weekly attendance is important for learning, development, and progress.
- Class registration and studio management are done through the 'ARBOX' system. Please download the app from the link sent to you via email when registering at the studio.
- Please make sure to update the ARBOX system in advance if you cannot attend a class, as the number of students in each class is limited. Notifying in advance allows other members to participate and ensures the class meets the minimum required participants.
- Participation in group practices requires purchasing a single session ('one entry') or a multi-entry pass ('10/15/20 entries') from the ARBOX app's store area.



- The validity of 10/15 multi-entry pass is 3 months, and 20 multi-entry pass are valid for 4 months.
- Multi-entry pass can be frozen for 14-30 days with prior notice.

Cancellation and change policy:

- Cancellations must be made as early as possible, and no later than 24 hours before the class. Otherwise, an automatic deduction/charge will be made by the app.
- In exceptional cases, a class can be rescheduled within the same week, provided space is available, and only with Dana's approval.

Purchase options:

Group Classes:

Single entry	90₪	/
10 entries card	800₪ (80₪ per class)	Vaild for 3 month
15 entries card	1125₪ (75₪ per class)	Vaild for 3 month
20 entries card	1400₪ (70₪ per class)	Vaild for 4 month

*Purchases can be made via the app in the 'store' area, cash, bank transfer, or Bit.

Private Lessons:

Private lesson in the studio	300₪
Private couple lesson in the studio	350₪
Home visit	Prices vary based on distance and number of participants. Contact for details.

Use of equipment and general conduct:

- All studio equipment is available for your use. Please take care of the equipment.
- At the end of the class, please clean the mat and blocks, roll up the mat and straps, and return all equipment used in an orderly fashion.
- Please be courteous and considerate towards other students, the teacher, and studio neighbors.
- Show sensitivity to the privacy of your fellow students in class.
- Maintain personal and environmental cleanliness.



- Avoid casual conversations during practice as it may distract other participants and disrupt the flow of the class.

Health Declaration:

- Please fill out the health declaration via the attached QR CODE or the following link (<https://rb.gy/f1wq1s>) before attending a class. Inform the teacher of any changes in your health and update the health declaration as necessary.

