CHARLOTTE WILDERS YOGA

WELCOME

TO OUR YOGA COMMUNITY!

I'm so glad you're here.

No matter where you are on your yoga journey, you're warmly welcome. Whether you're curious about trying yoga for the first time or have years of experience, you'll find a friendly and supportive community where you can move, breathe and practice at your own pace.

I hope you enjoy being part of our community and I look forward to sharing some yoga with you.

CHARLOTTEWILDERSYOGA@GMAIL.COM
CHARLOTTEWILDERSYOGA.COM
@CHARLOTTEWILDERS_YOGA

Join our community whatsapp group for class updates, event information and bonus yoga teachings.

Simply scan the QR code below to join:

HOW TO BOOK A CLASS

All classes must be **booked in advance** via the **website**.

You will need to **create an account** with Wix to make a booking. *I recommend downloading the Wix app, as it makes booking and managing your classes quick and easy, especially for future bookings*.

Select the class you would like to attend. You can add multiple classes to your cart to book at once.

Once you have selected the class or classes you would like to attend, simply follow the booking process through to the end.

Please then make **payment by bank transfer,** using the bank details provided on your booking confirmation for the correct amount. (My bank details can also be found below)

Payment must be made within **24 hours** of making your booking. If payment has not been received within 24 hours, your booking may be cancelled and the space released to someone else.

Please note: your place is **not guaranteed until payment has been received** and your booking has been approved.

Cost - £10 per class
You are welcome to book as many classes as you like in advance to guarantee your space.

Cancellation & Booking Policy
Please read the following terms carefully:

- All bookings are non-refundable.
- If you are unable to attend a class, please let me know as soon as possible.
- Bookings can be moved to an alternative date/class, subject to availability, provided that at least **48 hours notice** is given.
- If less than **48 hours notice** is given, the class will be forfeited and cannot be moved or refunded.
- If you do not attend your booked class without contacting me, the class will also be forfeited.
- Bookings cannot be transferred to another person unless this has been agreed with Charlotte in advance.
- Payment must be made within 24 hours of booking. If payment is not received within this time, the booking may be cancelled and the space released.
- A booking is not confirmed or guaranteed until payment has been received and the booking has been approved.

These terms help me manage class numbers, ensure that spaces are available fairly to everyone and cover the cost of the hall hire.
Thank you for taking the time to read the booking information and for helping to keep the booking process fair and straightforward for everyone. 🌿

WHAT TO EXPECT FROM CLASS

Arriving & Relaxation
We begin with a few quiet moments to settle onto the mat, let go of the day and bring your awareness into the present.

Connecting to the Breath
We bring our attention to the breath and use it to help create a sense of calm and connection throughout the practice.

Gentle Warm-Up
We'll gradually warm and mobilise the body, preparing you for the practice ahead.

Yoga Poses & Sequences
Every class is different, but we'll regularly revisit foundational poses so you have the opportunity to build confidence and notice your progress. There will also be new movements and poses to keep your practice interesting and give you something new to explore.

Slow Stretching & Savasana
Towards the end of class, we'll slow things down with gentle, passive stretches before settling into Savasana - a final 5–10 minutes of stillness and relaxation.

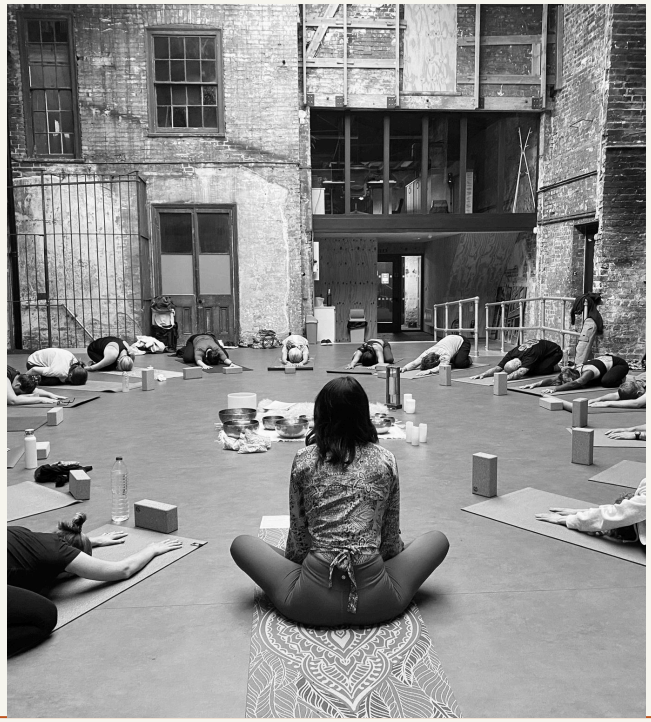
Savasana is an important part of the practice. It gives the body and mind time to pause, absorb the benefits of the practice, and simply rest without needing to do anything.

Your Practice, Your Pace

Yoga is not about pushing yourself or keeping up with anyone else. You're always encouraged to listen to your body and work at a pace that feels right for you.

I'll offer different options throughout the class, including opportunities to explore more challenging or dynamic variations when they feel appropriate. Equally, you're always welcome to pause, rest, or skip a pose whenever you need to.

There is no right or wrong way to practice, your practice is your own.



CLASS INFO

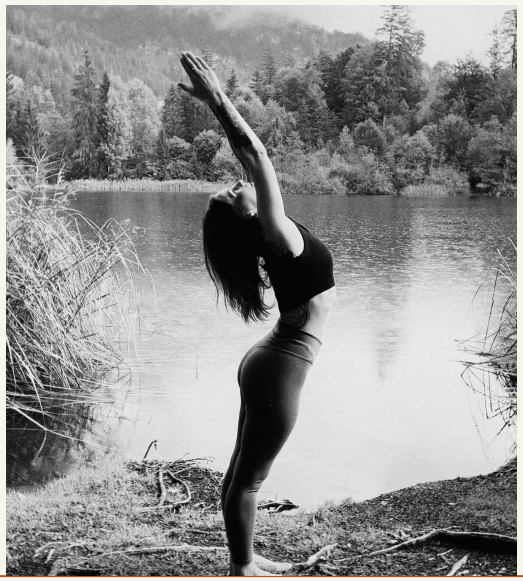
Monday 7pm - Hatha Yoga
Mayfield School
Dance Studio
55 Minutes - All levels

Tuesday 7:30pm - Hatha Yoga
Mayfield School
Dance Studio
55 Minutes - All levels

Address: Mayfield Rd, Portsmouth PO2 0RH
Parking: Free street parking
Please arrive 5 minutes before the class begins to get settled in
Please bring your own yoga mat, blocks and any other equipment you might like (cushion, blanket, water bottle, eye pillow etc.)
If you need a mat please let me know in advance, I can bring a few space mats with me.

Payment Details

Charlotte Hampson
Sort code: 04-00-03
Account no: 13336896
Monzo



YOGA CLASS ETIQUETTE

- Please arrive a few minutes before the class starts so we can begin **on time**.
- Bring your own **yoga mat**, water and any personal props you may need.
- Please maintain good personal hygiene and wear clean, **comfortable clothing** suitable for yoga.
- Please keep phones on **silent or turn them off** and do not use them during the class.
- **Remove outdoor shoes** before entering the practice area.
- Please respect the hall and leave it clean, tidy and as you found it.
- Keep noise and conversations to a minimum.
- Be mindful of the space around you and allow everyone enough room for their practice.
- We often choose the same spot, but spaces are not reserved. If your usual place is taken, please choose another available space for your mat.
- If you have a hearing or visual impairment, or any other access need, and would like to sit near the front, please let me know in advance so I can reserve a suitable space for you.
- Listen to your body and work within your own limits. Please let me know before class if you have any **injuries, health concerns or changes** I should be aware of.
- If you are unable to attend a class, please let me know as soon as possible.
- Please **adhere to the booking terms and conditions,** including the cancellation policy.
- Bookings are for the person who has made the booking and cannot be transferred to someone else without prior agreement.
- Please do not attend if you are unwell or have anything that may be contagious.
- Photography/filming: Please **do not photograph or film** during class out of respect for everyone's privacy.
- Parking: Please park considerately and follow any parking arrangements or restrictions for the hall.
- Valuables: Please avoid bringing valuables where possible, as personal belongings are brought at your own risk.
- Respect the class environment: Everyone practices differently, so please avoid comparing, commenting on or correcting another student's practice.
- Teacher guidance: Please listen to instructions and ask if you are unsure about anything rather than pushing through discomfort.
- Safety: Please let me know immediately if you feel unwell, dizzy, injured or uncomfortable during the practice.
- Above all, please be respectful, considerate and supportive of everyone in the class.

Thank you for helping to keep our community classes friendly, welcoming, clean and enjoyable for everyone. 🙏🌿

SEE YOU ON THE MAT :)