

# New Policies

We Are Here to Inspire You... Be Happy

Enjoy Hatha & Hot Yoga  
Massage & Chiropractic  
Holistic Counseling Sessions  
Please read our new protocols to  
enhance your experience.



**Pre-register for class:** Due to limited space, please pre-register to book your class. This process guarantees your space and time slot. Go to [www.yoganoho.com](http://www.yoganoho.com) - click on Book Classes, go to Schedule, choose your class, click Buy Now, create a Wellness Living account then proceed to choose your class package. If you have any issues, then please know we will help you, just show up 10 minutes before the class and our teacher will get you started. We are keeping limited capacity for both Far Infrared Hot and Non Heated traditional classes post covid.

**Be On Time:** We restructured to keep the pricing at reasonable rates so there isn't a front desk staff. Please be on time as we lock the doors during all sessions. If you miss your class, email us so we can give your credit back, but the \$5 fee is for no show / late cancel, due to limited space.

**Pricing:** New Student Special. First class \$10 and then you can buy the 50% off your first five class pack. You can share your class packages (the unlimited monthly you can't share), just email us and we will set you up for a one-time \$15 dollar fee.

**Props:** The mandates are finished, but we do recommend having your own mat. We have only high-quality props for sale. We do have clean used mats if you need one.

**Studio Community Health Protocols:** We have been through a lot the past two years, so there are no laws in regards to masks. If you are sick, stay home, rest, and let us know how we can make you feel better. We do follow all the laws of California and honor your health privacy.

**For assistance, please reach out to us via email would be best.**

We are here to guide you back to your healthy lifestyle.

Email us at [info@yoganoho.com](mailto:info@yoganoho.com)