



Welcome to Surya Wellness!

Surya Wellness is a private yoga, pilates and massage studio that runs both virtual (via Zoom) and in-studio classes. Classes are pre-paid in groups of 8. Punch cards are transferable, never expire, and can be refunded if you choose to discontinue, move or otherwise.

CLASS SCHEDULE
Effective October 2023

Time	Monday	Tuesday	Wednesday	Thursday	Friday
9:30		Ball Pilates			Ball Pilates
11:00	Chair Yoga		Gentle Yoga	Chair Yoga	Gentle Yoga
1:00					
4:30		Yin Yoga		Yin Yoga	

To register for classes, choose the class or classes you'd like to attend, contact me to confirm availability, and then secure your spot with a payment of 8 (\$120 + GST). Payments can be made by cheque, cash or email transfer. A drop-in fee is also available at \$20 per session.

Cheques: please make out to **Beverly Drazic**
Email transfers - to keep it simple, please use this password: **yoga**

In-Studio participation: a limited number of students may be in the studio for each class, others can attend by Zoom. To attend in person, your selected spot will be reserved for you each week unless you tell me otherwise. If you cannot make your scheduled class, please give me 24 hrs notice and you won't be charged for that class. Please arrive no earlier than 15 minutes, and no later than 5 minutes before your scheduled class.

In-Studio classes are held in the upstairs floor of the house

- please leave shoes, outerwear, purses, sunglasses, wallets, keys, and bags downstairs,
- water bottles, inhalers and EpiPens are ok to keep with you,
- **cellphones should be turned off or onto silent (no vibration) and left either downstairs or in your car please.**

Parking

- limited to the driveway (4 cars),
- on the verge just before the business sign (2-3 cars), or
- on the opposite side of the street.

Thank you for not parking along the front lawn, the neighbours have asked to keep that area clear for visibility with the curve in the road ahead.

Virtual participation: Please contact me by text or email at least 24 hours before the class to reserve your spot. An ongoing class reservation is not required but can be set if desired. I will send you the Zoom link 10-15 minutes before the class. Please give me 24 hours notice if you wish to cancel to enable me to cancel the class if numbers are too low.

FYI: In case of allergies, two very friendly cats live on the premises.

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