



STUDIO POLICIES

General Information

- Wear comfortable clothing.
- Please refrain from chewing gum or wearing perfume.
- Since the practice is physical, it is best to come to practice on an empty belly. Meals should be consumed at least 2 hours prior to class; snacks at least 1 hour.
- No food or open containers allowed in the classroom. You may bring a water bottle.
- We encourage students to bring their own mat; however, loaner mats are available at no charge. All other props are provided.
- Restrooms are available and may be used as a changing space.

Studio Policies

- If a returning participant, please arrive 5-10 minutes prior to the start of class to allow plenty of time to check-in. First time students/clients should arrive 15-20 minutes early.
- New students and clients are required to sign a waiver prior to participating in their first session.
- Please silence all phones and other personal electronic devices before entering Udana.
- If the studio door is closed, class is in session. Out of respect for the participants and the instructor, and to ensure you have a proper warm-up, it is recommended that you do not attend class if you will be late.
- Every student is required to sign in at the front desk.
- Remove shoes before entering the studio.
- Please keep conversation low when class is in session.
- At the close of class, please replace all props to the place and presentation you found them in.
- Wipe down studio mats before putting away.

Special Conditions & Injuries

- Anyone with serious medical conditions or injuries should consult a doctor prior to participating in yoga and/or other wellness services offered at Udana. Our classes and services offer a therapeutic experience and we encourage you to listen to your body, taking the appropriate modifications. If a pose or position hurts, do not do it. It is your responsibility to inform the instructor if you are pregnant or have any injuries prior to the start of class.

Young Student Policy

- Any student under 18 years of age must have a parent/guardian's signature on the waiver.
- Our classes are designed for students 16 years of age and older. Students 13 to 16 years of age may attend classes when a parent or guardian is present. Any exceptions to these policies must be addressed with management prior to class.
- Minors are not to sit in the reception area while the parent or guardian takes a class.

Privacy Policy

Your privacy is important to us. Any personal information you choose to give us will only be used to help us provide you with the highest quality services, products and support. We will never share your personal or financial information with any other party. We do not share bank or credit card information with any outside parties.

Cancellation Policy

In the event you must cancel a yoga class reservation or wellness appointment, please notify Udana Yoga and Wellness either by email or phone (info@udanayogawellness.com or 414-215-0612) as soon as possible. All "no show" appointments will be charged the full amount of the service. All class packages and memberships are non-refundable and non-transferable unless determined by management. Classes, workshops, events and other wellness appointments could be occasionally cancelled by the studio if there's insufficient interest, teacher/practitioner emergency or weather-related studio closures. If your event is cancelled, you will be notified as soon as possible and you will receive a full refund or full credit. Udana's Facebook page will also announce any cancellations.