



Mercy Center Yoga Terms and Conditions

Name _____ Birthdate _____

Street Address _____

City, State & Zip Code _____

Phone Number _____

Opt-in to marketing messaging and calendar announcements ____ Yes ____ No

Email _____

I, _____, hereby agree to the following:

Welcome to Grace Yoga at Mercy Center. We are grateful for your participation and want to continue to provide a sanctuary for all students.

Fees

Participation is voluntary and non-refundable.

Monthly Membership:

\$150 - for unlimited classes

Will be auto-billed to your credit card monthly. Please give written notice at least 30 days ahead of time to cancel your membership.

Class Cards:

5 classes: \$110*

10 classes: \$200*

20 classes: \$310*

*All class cards expire 90 days after purchase

*Students and seniors receive a 15% discount (65 and over/active student ID)

Workshops:

\$75

Drop-In Session:

\$25.00

Mercy Center Policies

- COVID-19 Protocol: Participants are required to be fully vaccinated. Take care of yourself and others by staying home if you have a fever (99.5 degrees F or higher), shortness of breath, or other COVID-19 symptoms. If San Mateo County COVID positivity rate is 5% or over, we require a properly fitting face mask everywhere and at all times in the building (except when alone in a bedroom or office room, or while eating in the dining room). If San Mateo County COVID positivity rate is under 5% we recommend wearing masks but do not require them. Additional safety and sanitation measures are in effect in this property. Visit <https://mercy-center.org/guest-protocol/> for details and updates.
- Please pre-register for the classes you plan to attend.
- Enter through the front lobby door of Mercy Center.
- Sign in at the front lobby each time when you arrive.
- Parking is available in the Forest Lot.
- Participants must be at least 18 years of age.
- Service Animals: Only certified service animals are permitted on Mercy Center's campus.
- Smoking: We are a smoke-free campus. No smoking of any kind, candles or incense in conference rooms, bedrooms or common areas.
- Limited Internet: Please do not upload or download large files or media. Email and cell phone use are OK.
- Secure Campus: We are a secure campus with residents living on site. We ask that your group follow our door access and name tag use policies.
- Areas of Silence: We are a contemplative center, so we ask that your participants respect the need for silence in some areas, as requested.
- From time to time classes may be cancelled or paused due to events at Mercy Center and instructor vacation.

Yoga Etiquette

Remove shoes and leave them at space provided by door along with any other items and belongings. Please do not keep them next to your mat in the practice area. This ensures an uncluttered practice space and plenty of room for all students.

Please do not bring your cell phone in to the practice area. If you need to send a text, check email, or make a phone call, please do so in the hallway outside the room. Be sure your phone is silenced or turned off. If you have a smart watch, make sure it is on silent.

Be Punctual and Considerate and make it a habit to arrive 5 to 10 minutes early to your class. By arriving early, you honor your space and practice by giving yourself time to wind down and be present before the start of the class.

There is a 5-minute grace period for all classes There are circumstances that prevent early arrival. Please be kind and generous to those arriving within the 5-minute grace period. Move your mat a bit to make room and make others feel welcome to the space.

If you arrive later than 5 minutes for a class, it is the Grace Yoga Studio policy to not let you into class even if there is space. This allows students to have an uninterrupted practice.

Minimize Conversation Make it a custom to fall silent as you pass through the yoga studio doors. Your practice begins as soon as you cross the threshold. Practice focusing inward as you arrive and set up. Refraining from unnecessary conversation will set you up for a beneficial practice

Hygiene Please be mindful that yoga is practiced in an intimate setting. To show respect to those around you wear clean clothes each time you practice and use a clean mat. Wearing some form of deodorant is recommended. Try to refrain from using cologne and perfumes before practice. Some yogis are highly sensitive and strong smells during a deep pranayama practice can be distracting.

Make it a practice to stay for Savasana. This is an important part of your practice that yields the benefits of the work proceeding it. If you know you must leave early alert the instructor before class so they may signal to you an appropriate time to leave during a break.

Early Arrival. If you arrive early and there is a class still in session, please wait quietly in the hallway outside the room until the door is opened by the current instructor please be mindful of *areas of silence* when silent retreats are in progress.

Please take the time after class to neatly replace all props. Leaving the prop area as you found it is a kind gesture for the next class.

Please remember to always check in for your class!

Signature of participant: _____ Date: _____

How did you hear about Mercy Center Yoga? _____
