



# It Takes A Village Wellness

## Yoga Alive: Prices, Policies & Procedures

### OUR MISSION:

To deliver yoga, breathing practices and mindfulness work that is accessible to truly everyone.

### OUR PHILOSOPHY:

The yoga instruction at It Takes a Village Wellness is geared first and foremost to support our students to feel well, ease pain and release stress. Our students learn that the power of breath is their source for strength, flexibility, healing and total wellness.

Working with us privately, or in a small group class, students experience individualized attention and receive the tools to cultivate a simple yet deep self-practice. The work of our practice is not in struggling, striving and an “end – result.” We emphasize simplicity, repetition and mind-full attention to create a practice of self-care students can carry from their mats into their lives.

Our students are beginners of all ages including later-in-life beginners, those experiencing chronic pain, respiratory dis-ease and stress, as well as special needs youth and teens seeking tools to ease anxiety and cultivate mindfulness.

*It Takes A Village Wellness: `*  
*Experience Breath, Mind & Body. Experience Yoga for your life.*

WEEKLY CLASSES	Non-Member Pricing	Member Pricing*
Drop-in Class (1 Class)	\$25	\$20
1 Class per week (6 Classes)	\$135 (\$22.50 p/class)	\$108 (\$18 p/class)
2 Classes per week (12 Classes)	\$240 (\$20 p/class)	\$192 (\$16 p/class)
3 Classes per week (18 Classes)	\$324 (\$18 p/class)	\$252 (\$14 p/class)
Teen Yoga: Drop-in/4 Class Series	\$20/\$64	N/A
Adult Private Session (1x)	\$150	\$125
Adult Private – 4 Sessions per month	\$480	\$380
Adult Private – 8 Sessions per month	\$800	\$680
Youth Private (1 per/wk, 4 per/mo, 8 per/mo)	\$125/\$380/\$600	\$95/\$300/\$520
Breathe Work (1 per/wk, 4 per/mo, 8 per/mo)	\$125/\$380/\$600	\$95/\$300/\$520

Adult Classes 60 to 75 minutes. Adult Privates 60 minutes. Children/Teen (Youth) Privates 45 minutes. Breathe Work 45 minutes.

It Takes A Village Wellness is a small boutique studio serving 6 or less mats per class. **In order to serve our clients and students with the highest quality experience please be reminded of our POLICIES & PROCEDURES below.**

- Please register for your classes on line at [ItTakesAVillageWellness.com/Our-Schedule](http://ItTakesAVillageWellness.com/Our-Schedule). Payment is not due at the time of registration.
- Please cancel your registration at least 12 hours prior to class start time or you will be charged for the class.
- 6, 12 and 18 Class packages must be used within 7 weeks of class starting date.
- 4 Session private packages must be used within 5 weeks of starting date.
- Private Sessions must be cancelled and rescheduled 48 hours prior to scheduled session or the session will be charged.

*\*Membership is \$300 per year, includes all family members and affords members 20% discounts on all yoga as well as additional discounts for Acupuncture, Nutrition and Manual PT. ITAVW has partnered with retailers and service providers in the Port Jefferson area to offer our members additional discounts.*