



Vedanta Yoga Centre

Members Guidelines

Dear Yogis / Yoginis,

Please find attached Terms of Membership

General Terms

Please come to the Yoga Hall 10 minutes before class is possible.

Try to keep talk to a minimum within the Yoga Hall, if you need to talk please do it quietly. You are free to talk outside.

Please leave your personal belongings outside the Yoga Hall in the area provided and please switch off your mobile phones.

Please wear loose comfortable clothes, this is important so that you do not restrict your movement or circulation.

Please refrain from using perfumes, if there is too strong a smell you will not be able to attend the Class

Yoga is not a competition between you and your body, or other students. Practicing yoga does not mean a "faster, higher, stronger" experience, but present moment awareness by practicing consciously.

No matter how flexible you are, as long as you feel comfortable and you can breathe properly/fully, then this is the perfect position for you at that given moment, regardless of what you have done in the past. Give your body the necessary attention and respect its natural limits.

Practice carefully and gently during menstruation periods, and do not begrudge yourself a rest. Vedanta Yoga recommends that you refrain from practicing inversion postures.

Yoga mats, cushions and other equipment can be found at the Centre for your use.

Water is provided at the back of the class. Try to refrain from drinking water during the Yoga class as it interferes with Prana.

Yoga is practiced in silence and in a meditative mood. I will answer any questions you like before or after the class unless you have a serious issue.

Use of the Toilet

One can place a moderate amount of Toilet paper inside the Toilet. Only use the Bin for Sanitary towels or other waste. After you finish please open both doors to the toilet room and switch off the lights, then the next person can see that the room is vacant.



Membership Joining Details

The Subscription (Membership) to the Centre is based on two fixed periods, i.e. two terms per year, e.g. 01.09.2013 to 28.02.2014 and 01.03.2014 to 31.07.2014. Yogis joining during a term will be obliged to pay until the end of the given term that they joined. Payments can be monthly (see below), or for one full term (5% discount) or yearly (10% discount). Yogis joining during a month will pay a prorated amount for that month and then start paying from the beginning of the following month. Example, someone joins on the 15th November, they will pay 1/2 month for November and full months from December to February. Their membership obligation runs until the end of February.

Centre Holidays

The Centre will be closed for about ten days in December (between Christmas and New Year) and no special allowances will be made for this, the same also applies for Bank Holidays. Peter will also be away for two to three weeks in December/January and classes will be covered by other teachers, where at least one of the teachers will teach in the Sivananda tradition, so that everyone can follow the same sequence of Asanas that they are used to. August will be outside the membership period as most people are on holiday. However there are some people who are still in Limassol and would like to attend classes. The Centre will try to offer a reduced timetable during August from next year, dependant on demand

Pricing Structure

- 70 Euro per month for two classes per week (equivalent 8 Euro per class) and
- 90 Euro for unlimited access (equivalent 5 euro a class based on 4 x week or 7 euro a class for 3 x week) and
- Ten times entrance pass for 100 Euro (to be used within a 3 month period)
- 5% discount on termly fees if paid upfront
- 10% discount on yearly fees if paid upfront

Special allowances can be made if one can only attend the Centre once a week due to any short term commitments, please contact Peter

The Pranayama, Meditation and Study Group will be offered once a week on a Donation basis

The first Trial Class is free and is offered to all Newcomers

15% discount is offered to Students and Yoga Teachers.

Love and Light,

Vedanta Yoga Centre