



# Welcome to the Mala Shala

## How to book your space

### Advance booking

The Mala Shala is located in our garden, so both parking and spaces are limited. So that we know how many students are coming, we provide booking in advance for the half term. (See term dates on page 2)

### Trying a class

If you want to come and try a class before you book this can be arranged. Please contact us to see if a space is available in the class you'd like to try.

### Before you book

Please email us to check that there is a space available.

For Yoga contact Yasmin on [yasmin@malashala.co.uk](mailto:yasmin@malashala.co.uk)

For Zen contact Boz on [boz@malashala.co.uk](mailto:boz@malashala.co.uk)

### Paying the fees

Please check the table below to see the prices for the current half term block. You can pay by bank transfer if you wish, just ask us and we will send you the bank details. After you have transferred the money, let us know so we can confirm you're booking in your chosen class. You can join us mid-term if we have space, just ask. Cash or cheque is also fine, please bring it with you to your first class.

### Swapping classes

If due to illness or unforeseen circumstances you are unable to make your regular slot you can swap into another one. We will do our best to find you a space wherever possible.

### Supporting regular practice - Yoga top up classes

If you have signed up a half term block you are eligible for top up sessions to support your regular practice. Contact us the day before class and if there is space you can book in for a single class for a one off fee. Just bring cash on the day.

Top-up Yoga Fee : £10



## Term Dates and Booking Fees

### Yoga

Autumn 1	Sat 12th sept to Fri 23rd Oct	6 weeks £54
Autumn 2	Mon 2nd Nov to Sat 12th Dec	6 weeks £54
Spring 1	Sat 9th Jan to Fri 12th Feb	5 weeks £45
Spring 2	Sat 27th Feb to Thurs 1st April	5 weeks £45
Summer 1	Sat 17th April to Fri 28th May	6 weeks £54
Summer 1	Mon 7th June to Sat 17th July	6 weeks £54

### Zen

Term dates for Zen are the same as Yoga (see above). When you come to a Zen session you can pop a donation in the pot if you wish. If you are unsure what to donate - around £5 is what people usually give. Donations go toward the Mala Shala running costs and charities we are supporting.