

Cancellation Policies:

Yoga Classes -

If you are pre-registered for a class and are unable to attend, we ask that you please cancel your registration so another client can get a spot in class. Use the Mindbody App to cancel online.

Please cancel class registrations at least 2 hrs in advance to avoid being charged \$10.

No call no shows will be charged the full amount of the class.

Pilates Classes -

Since there are only 5 spaces available per class it is very important to cancel at least 24 hours in advance to allow another person on the waitlist to join. If you do decide to cancel please use the Mindbody App so that the next person on the waitlist will be notified immediately or call the front desk during regular business hours.

If cancellation is done in less than 24 hours you will be charged \$18; Private Pilates Classes will be charged the full amount of the class.

No call no shows will be charged the full amount of the class.

Massages -

If you are unable to make your appointment, please let us know at least 12 hours before your appointment time to avoid a charge of \$30. If you have a morning appointment and decide to cancel please use the Mindbody App so your therapist will be notified. Otherwise our staff does not arrive until 8:30am and it would be too late to contact your therapist in time and many of them drive from afar.

No call no shows will be charged the full amount of the massage as our therapists time is valuable and they block out that full time to work on each client.

Acupuncture -

If you are unable to make your appointment, please let us know at least 12 hours before your appointment time to avoid a charge of \$30.

No call no shows will be charged the full amount of the treatment.