



Hosting Classes in Your Home

Benefits: Free Classes & Convenience

To practice yoga anywhere brings many documented benefits to the body and mind. But to practice in the comfort of your own home with family, friends and neighbors adds a special dimension to your practice.

Bringing yoga into neighborhood homes is the mission of Yoga Brew.

Practice becomes easier and more consistent when you can practice in your home with like-hearted companions. And the good feelings you attain in yourself overflow to others, especially after class, which helps to deepen friendships around the communal table.

Hosting a Yoga Brew class adds a very practical benefit as well. You and your significant other can qualify for FREE CLASSES by gathering at least six (6) paying students to participate.

Please read the “Your Responsibility” section for more details.

What to Expect

Yoga Brew classes include Kundalini Yoga pranayam (special breathing techniques), warm up stretches, kriyas (sets of yoga poses in a prescribed sequence) and meditation. These tools work synergistically to refresh the body, mind and spirit and are known to assist in healing many common ailments and diseases.

After class, tea and crackers (and soup, if desired) are served. Together we create a Yoga Brew, an elixir of warmth, creativity and joy.

Our responsibility

We visit your home in advance of the class to help you determine the best place and set up to hold the class. You choose the preferred refreshments from a list of Yoga Brew teas and soups (ingredients listed on website).

The price of the class depends on the refreshments served. We prepare a class flyer for you to send out. On the day of class, about a half an hour before, the teacher brings the prepared refreshments (which need heating up, preferably on your stove), the tea cups or soup bowls, spoons and napkins and a portable stereo system. The teacher sets up the stereo,

a product display and an entry table for students to sign in and pay for the class. (They can also pay online via credit card or PayPal at yogabrew.com.)

We produce an Activities Release and Liability Waiver form specific to your address to have the students sign so that you are protected and the students know that they are responsible for deciding how they will participate in the exercise based on their physical condition. You can email this form to the students or they can sign it prior to class when they come.

Close to the date of the class, we prepare the special tea and/or vegetarian soup in our homes while chanting a mantra for the health, happiness and prosperity of all the students. At the class, the teacher serves the refreshments and cleans up afterwards, so that there is no impact on your home.

As many students love practicing yoga in the home and the hosts love the convenience and the uplifting energy in their home, they often request ongoing classes. Class discounts can apply for students purchasing sets of four or more classes.

Private instruction and special Yoga Brew event planning are available as well.

Your responsibility

You let your friends, neighbors and family know that you are holding a Yoga Brew class in your home. You can use flyers that I have prepared or do your own promotion.

The prospective students can visit the Yoga Brew website to learn more and pay for the class directly or they can choose to pay at the door.

To qualify for a free class as a host, you need five students to attend. In our experience, in order to make sure five people attend class, it's a good idea to spread the word to at least 20 friends, neighbors and family and have more than five commit to coming.

If this is more than you want to do, there's another way to qualify that's very easy: We can post your class on the Yoga Brew website and invite current Yoga Brewers to your class. If five students attend, then you qualify for the free class.

Since the experience of yoga is so uplifting, it's important to have the environment as aesthetically pleasing as possible. You are responsible for keeping the class area clutter free and well-swept or vacuumed. The temperature of the room should be comfortable for exercise. Telephone ringers should be turned off to help maintain the focus of the participants.

Yoga is a practice of tuning in to our inner life, and interruptions break the concentration of the class.

If you desire, students can bring other food or drink to share, but alcoholic beverages are not recommended after yoga class, as it interferes with the beneficial circulation of kundalini attained in class. If you choose to have students bring other food or drink, then you and the students are responsible for cleaning that part of the clean up.

Please note that pets should be kept away from class, as they can distract students and aggravate allergies. Children not participating in the class should be encouraged to respect the space and remain quiet. Knowing the benefit of developing healthy habits early in life, we encourage children to participate or watch.

If you must cancel the class, please notify us as soon as possible, so that we may send the teacher to another location. A service charge of \$25 is charged for same-day cancellations.

We thank you for your interest in Yoga Brew and look forward to practicing yoga with you and your friends very soon.

Sincerely,

Elissa Marie Kerhulas
Founder of Yoga Brew
Certified Kundalini Yoga Teacher

I agree to these terms and conditions to Host a Yoga Brew class:

Name

Date

