

Workshop and Sessions Policy

At Exclusive Excursions, we're committed to providing enriching workshops and yoga sessions that promote wellness, personal growth, and community connection. To ensure a positive and inclusive experience for all participants, please review the following guidelines for participation:

Equipment Requirements:

Participants are expected to bring any necessary equipment or props as specified for each workshop or session. Common equipment may include yoga mats, blocks, straps, blankets, and meditation cushions. Please refer to the event description or contact us for specific requirements.

Attire:

We recommend wearing loose-fitting comfortable clothing that allows for ease of movement during yoga sessions and workshops. Breathable, stretchy fabrics are ideal for yoga practice. Additionally, please consider dressing in layers to accommodate changes in temperature throughout the session.

Prerequisites:

Some workshops or sessions may have prerequisites or recommended experience levels. Please review the event description carefully to determine if any prior knowledge or experience is required. If you're unsure whether a workshop is suitable for you, feel free to reach out to us for clarification.

Arrival and Check-In:

Please arrive at least 10 minutes before the start time of the workshop or session to allow for check-in and preparation. Late arrivals may disrupt the flow of the session and impact your experience, so we encourage prompt attendance.

Respectful Participation:

We strive to create inclusive and welcoming spaces where all participants feel valued and respected. Please be mindful of others and refrain from disruptive behavior during workshops and sessions. Respect the space, the instructor, and your fellow participants to foster a supportive environment for growth and learning.

Cancellation and Refunds:

Please refer to our Cancellation Policy for information on cancellations and refunds for workshops and sessions. We understand that unforeseen circumstances may arise, but we appreciate your consideration in notifying us of any changes to your attendance.

Contact Us:

If you have any questions or concerns regarding our Workshop and Session Policy, please don't hesitate to contact us at elizabethwangugiyoga@gmail.com. We're here to assist you and ensure that your experience with Exclusive Excursions is fulfilling and rewarding.

Thank you for choosing **Exclusive Excursions Events** for your wellness journey. We look forward to sharing transformative experiences with you.