

Terms & Conditions and Other Useful Information

Please read these Terms & Conditions carefully as they set out how we operate at Mudita Studio and what you are agreeing to when you undertake any activities with us across all locations, whether this is joining a class, a private session, workshop, other activity, or event.

Booking classes

All classes, 1-1, workshops, events and retreats are advertised and booked online on the Mudita Studio website (www.muditafi.com). All session payments must be made online at the time of booking. In exceptional circumstances cash payments may be accepted.

Health Issues

You should take responsibility for your own health. If you have any concerns over your health or physical condition you should seek medical advice prior to undertaking any activities at Mudita Studio.

It is your responsibility to let us know about any health issues, medical conditions, or injuries, (including mental health conditions) so that, if appropriate, we can take steps to accommodate you. Even though we have qualified and registered instructors who work within their codes of conduct, it is a simple fact that participating in any physical activity attracts a degree of risk of injury. Mudita Studio will not be liable for any injuries sustained by participation in any activities.

Please follow the instructions of the instructor at all times, however, remember that you are responsible for your own safety, comfort and enjoyment therefore moving within your own capacity. If your body is telling you that you have pain or discomfort you should not proceed with the particular practice (or relevant part of practice).

Cancellations

Single sessions (group and individual) and introductory: We know that sometimes things happen, and you won't be able to make a class or session that you have booked and that is fine, provided you cancel with at least 24 hours' notice a refund will be made to you. We regret that sessions cancelled with less than 24 hours' notice cannot be refunded except in exceptional circumstances.

Workshops, courses, events and retreats: Due to limited places available workshops, courses and retreats need to be booked and paid for in advance. Places can be cancelled without incurring a charge if more than 14 days' notice is given, a 50% refund will be given if a place is cancelled with 13 to 7 days' notice. No refunds can be given with a cancellation of less than 7 days' notice except in exceptional circumstances but can be transferred to another participant provided the full details of the person taking up the place have been notified to Mudita Studio. All refunds are provided at the discretion of Mudita Studio. Any refunds made may be subject to a commission or handling charge due to banking charges and commissions.

Bundle packs (group and individual): 5,10 and 20 class packs, 4 and 8 private session packs and 4 session small group (max 4 persons) are non-refundable but can be transferred to someone else before expiry provided full details of the person you are gifting them to are provided to Mudita Studio.

If Mudita Studio needs to cancel a class/session/workshop/event/activity you will be offered a full refund or transfer to another session of equal monetary value. If the studio is closed for holidays or some other reason expiry dates will be extended to reflect the period of closure.

No-shows

We want everyone to enjoy Mudita Studio so we have a pretty tight policy when it comes to no-shows. No refunds will be provided for no-shows and we reserve the right to refuse bookings from repeated no-show clients.

Studio Etiquette

About and arriving at the studio space

The address for Mudita Studio is 17 Jersey Road, at the east end of the road close to the junction with Eliza Cove Road.

There is no parking on site, so where possible please use active transport, cycles can be left safely within the yard at 17 Jersey Road. If driving utilise public parking bays along Jersey Road and across the other side of the BIPASS road, both areas are only 1-2 minutes' walk from Mudita Studio. We would appreciate it if you could use these rather than parking on the road directly opposite as we are located on a junction, and this can cause unnecessary traffic congestion.

There is step and ramp access into the studio space. We have a toilet and washbasin for client use.

Strictly no smoking, vaping, drug or alcohol use anywhere within the studio or grounds of 17 Jersey Road.

Try to arrive 5-10 minutes before the start of any group class/session and check in with the instructor so that you have time to settle in before the session/class commences. Please don't arrive any earlier as other sessions may be in progress, and you may not be able to gain access.

To avoid disrupting the flow of a class when it is underway, late arrivals are discouraged, and the door maybe locked.

We are a bare foot space (unless you have discussed with us beforehand about keeping shoes on, we know some people may need to). Please remove your shoes before entering and store in the spaces provided.

Essential oils maybe used in the studio so please do advise if you have any allergies when booking.

In the Studio

Mudita Studio is proudly a non-diet, body neutral and weight inclusive space meaning we do not focus on weight loss or subscribe to the notion that "weight equals health" paradigm, rather we appreciate that bodies come in all shapes and sizes and will draw your attention to food and movement for enjoyment and nurturing your body and mind.

You will find no suggestion that your body needs to be fixed, controlled, shrunk or judged. We ask that anyone attending Mudita Studio refrain from diet culture talk (e.g. comments like "looking good,

have you lost weight?”) or practices (e.g. labelling foods as ‘good’ or ‘bad’ or suggestion that movement compensates for food eaten or to be eaten), so that everybody can feel free to explore movement and nutrition without judgement, feeling valued and welcome.

We will provide all equipment, e.g. mats and props, that you need for the sessions unless otherwise advised. You are welcome to bring your own equipment if it is suitable (check with the instructor) and in good condition. If you require a chair to aid you for practice please advise at the time of booking.

Instructors and everyone using the studio should be treated respectfully. We will not tolerate any kind of verbal or physical abuse of any kind. Such behaviour will result in immediate exclusion from the studio.

Please do not bring any food or drink other than water into the studio, unless required for a medical reason and advised to the instructor.

Mobile phones should be switched off, or if you are on call or need to keep the phone on for some other reason please keep on silent mode and leave the class/session quietly with minimal disturbances to others if you need to reply.

Our aim is to create a tranquil and peaceful space, nurturing to body and mind, to this end we ask that you use consideration of your words and actions so that no unintentional harm or distress is caused to others.

Timetable

Mudita Studio aims to keep all activities as originally advertised however session times may vary from time to time, but we will aim to give as much notice as possible. An up-to-date timetable will be published on the website, and online booking system. Unplanned changes to the timetable will be notified, as far as possible, on the website, online booking system and social media.

Questions?

If you have any queries please get in touch by calling 51773 or email info@muditafi.com

We look forward to supporting you.