

## FAQ - De Nieuwe Yogaschool

### Can I follow a trial class?

We do not offer trial classes. Instead, you can take a class and decide afterwards whether you want to subscribe as a member or want to pay for a single class.

There are four different options to take classes at De Nieuwe Yogaschool:

- A single class, which costs 15 euros. - [To buy online](#) through our website or to pay directly at the reception desk;
- A membership unlimited which provides unlimited access to all of our classes for 65 euros a month. - [To buy online](#) through our website or subscribe at the reception desk;
- A one month membership, which provides unlimited access to all of our classes for one month for 85 euros. - [To buy online](#) through our website or subscribe at the reception desk;
- A year membership (+2 extra months for free) which provides unlimited access to all of our classes for €780 euros for a whole year. - [To buy online](#) through our website or subscribe at the reception desk;
- A card for 10 yoga classes, which costs 135 euros and is valid for three months. - [To buy online](#) through our website or to pay directly at the reception desk.

In all cases, you can just drop in and ask all your questions at our reception desk. In case you want to attend a class straight away, make sure you are here at least 15 minutes prior to the class.

### How does a membership work?

For 65,- euros a month (membership unlimited) or 85,- for a single month, you have access to an unlimited amount of classes on our regular schedule. You can become a member whenever you want and cancel the membership whenever you want. The cancellation period of an unlimited membership is one whole calendar month, to be cancelled *before* the 1st of that month.

You can subscribe for a membership [online through our website](#) or you can drop by and subscribe at the reception desk (which will take up approximately 10 minutes). Your membership will be activated straight away.

### How far ahead can I book a class?

You can book a class a week in advance.

### Booking a class on your computer as a member

Click the green button > Schedule to go to the schedule

Log in with your email and password on the top of the page Next to the classes it now says > Inschrijven (sign in)

By clicking on this button your reserved your spot

### Purchasing a class on your computer

Click the green button > Schedule to go to the schedule  
Now choose the class you wish to attend and click the button > Toevoegen aan winkelwagen (add to shopping cart)  
The class has now been added to your shopping cart (Winkelmandje) in the top right corner  
Click > Betalen (pay)  
Enter your details  
Your class is booked directly as you pay online

(Attention: if you've been a member with us before or if you've attended a class or a workshop with us before, you already have an account with. In that case you don't have to enter your details again. Log in with your existing email address and password)

### **Booking a class on your mobile phone**

Log in with your email and password in the top right corner > Inloggen (log in) Click the green button > Schedule to go to the schedule  
Find the class you wish to attend and click > Reserveren (book)

### **Purchasing a class on your mobile phone**

Click the green button > Schedule  
Pick a class and click the button > Toevoegen aan winkelwagen (add to shopping cart)  
The class has now been added to your shopping cart in the top right corner (small red icon) Click > Winkelwagentje (shopping cart)  
Click > Betalen (pay)  
Enter your details  
Your class is booked directly as you pay online

(Attention: if you've been a member with us before or if you've attended a class or a workshop with us before, you already have an account with us. In that case you don't have to enter your details again. Log in with your existing email address and password)

### **How can I cancel a class?**

Log in with your email and password in the top right corner > Inloggen (log in)  
In the top right corner > Mijn account (my account) will appear > Click on it  
Now, you'll be able to see your reservations with next to it > Annuleren (cancel). By clicking this button, you'll cancel your class.

### **The class is full, can I still join?**

When the website states '(0)' next to a class, this means the maximum amount of bookings has been reached for that class. In that case, you can use one of the walk-in spots if you're on time.

### **How can I subscribe to a workshop?**

On our website you'll find > Workshops in the menu at the top. Within the drop-down menu below > Workshops select > [Workshop agenda](#) (workshop calendar)  
On this page you can view an overview per month of all the workshops we offer.

### **Subscribing to a workshop on your computer**

Go to the workshop you wish to attend

Underneath the photo there's a green button > Inschrijven (subscribe) > Click on it

The workshop now has been added to your shopping cart in the top right corner of the page Click the green button > Betalen (pay)

Enter your details

Your workshop is booked directly as you pay online

You'll receive a confirmation of your purchase and invoice via email

And you have an account/login

(Attention: if you've been a member with us before or if you've attended a class or a workshop with us before, you already have an account with us. In that case you don't have to enter your details again. Log in with your existing email address and password)

### **Subscribing to a workshop on your mobile phone**

Go to the workshop you wish to attend in the overview

On this page you can find more information about the workshop. Above the photo you'll find a green button > Inschrijven (subscribe) > click on it

The workshop has now been added to your shopping cart in the top right corner (small red icon) Click on the > Winkelwagentje (shopping cart)

Click the green button > Betalen (pay)

Enter your details

Your workshop is booked directly as you pay online

You'll receive a confirmation of your purchase and invoice via email

(Attention: if you've been a member with us before or if you've attended a class or a workshop with us before, you already have an account with us. In that case you don't have to enter your details again. Log in with your existing email address and password)

### **Pausing your membership**

It's not possible to pause your membership. However, you can end your membership (taking the one month cancellation period into account) and then become a member again. If you subscribe to a membership again within 4 months for the second time, we charge a 25 euro administrations fee.

### **Cancelling your membership**

You can cancel your membership whenever you want. The cancellation period of an unlimited membership is one whole calendar month, to be cancelled *before* the 1st of that month. If you subscribe to a membership again within 4 months for the second time, we charge a 25 euro administrations fee.

### **View/ change your personal details**

Log in with your email address and password in the top right corner > Inloggen (log in)

At the top right corner now appears > Mijn account (my account) > click on it

This is your personal account page

Click on the orange lettering > Mijn gegevens wijzigen (change my details) to change your password

### **I can't log in**

You can request a new password, if you know which email address you used to register with us. In the top right corner click > Inloggen (log in)

Click the green lettering > Forgot your password? To request a new password

**Attention:** if you've been a member with us before or if you've attended a class or a workshop with us before, you already have an account with us. In case you don't remember which email address you used to sign up, then send an email to: [info@denieuweyogaschool.nl](mailto:info@denieuweyogaschool.nl) to request your login details)

### **What do I bring?**

At our school we can provide you with yoga mats, meditation cushions, bolsters, blocks and belts. Also, our dressing rooms are equipped with ready-to-use lockers and showers. You therefore only have to bring your yoga outfit and, if you wish, a towel.

### **Are your Classes, Workshops, Trainings and Retreats a form of therapy or can they substitute medical treatment?**

No. It's important that you're aware that our Classes, Workshops, Trainings and Retreats are not substitutes for (a) therapy or any other medical treatment or diagnoses. The lessons we offer (in the broadest sense of the word), support personal growth and can guide you to awakening, but our lessons are in no way meant to replace medical advice, diagnosis or treatment. Any change or discontinuation of therapeutic, psychological, psychiatric or any other medical treatment should be supervised and guided by the medical specialist that offers the treatment.

### **Are your Classes, Workshops, Trainings, and Retreats suitable for someone with a psychological or psychiatric treatment?**

There is not one right answer to this question. If right now or in the (recent) past you have undergone medical treatment or therapy with regards to issues that relate to your mental health, an environment that encourages the expansion of consciousness/ introspection might not be the right place for you. Contact your physician or medical specialist to see whether such an environment will serve you at this time in your life.

### **When and why are your Classes, Workshops, Trainings and Retreats possibly not suitable?**

People that are dealing with psychiatric problems or strong emotional instability possibly don't benefit from an environment that is focused on concentrated meditation/ Satsang or related environments. Sometimes such an environment can, at first, affect the existing mental health issues adversely. It can bring latent traumatic or deep rooted tendencies in the mind-body system to the surface, which can lead to strong, seemingly overwhelming thoughts, emotional responses and behavior. On the other hand, our classes could provide an environment to see certain tendencies, to acknowledge them, let go of them and transcend them. However, a participant with a psychiatric disorder could feel overwhelmed by this, and so could require extra medical and psychiatric support. Please be aware that we are not able and do not have the expertise to offer medical/psychiatric support.

*The questionnaire offered below is meant to provide more insight/information into this matter*

This questionnaire is in no way a replacement for medical or psychiatric advice. *If the answer to any of the following questions is 'yes', then our more introspective classes in the broadest sense of the word are possibly not right for you at this time. Please consult your physician.*

- Are you or have you ever been under treatment for and/or are you currently suffering or have you ever been treated for one of the following conditions: anxiety disorder (amongst which generalized anxiety disorder, agoraphobia and panic disorder), mood disorders (including clinical depression, mania and bipolar disorder), obsessive compulsive disorders, personality disorders, schizophrenia, psychoses (on it's own or as part of another condition)?
- Are you currently taking medication (in case prescribed) to treat a psychiatric disorder?
- Have you used any psychotropic (mind altering) substances or prescription free medications for recreational, spiritual or any other ends in the last 6 months?
- Is there any 'excessive' use of substances (including abuse, dependency and addiction) or have you stopped/ have you started 'detoxing' to this end within 12 months ago?
- Have you experienced an increase in symptoms or deterioration of the mental health during the past 12 months, regardless of whether you have sought out expert advice?