

Wallingford Studio Details and Etiquette

We look forward to practicing with you!

Here are some studio details:

1. We are located on the second floor of the gray-blue house across from the south side of Lincoln High School (covered stairs on the outside with sturdy railings and treads on the steps). Address: 1405 North 43rd Street, Seattle, 98103. We also have a sweet, covered patio behind the studio! Feel free to come a little bit early and enjoy.
2. Our studio has yoga mats, blankets, blocks, chairs and straps. Feel free to bring your own if you prefer.
3. For in-person yoga classes, we recommend arriving at least 10 minutes prior to the class time to settle in. Doors usually open 15 minutes before class and will close at the start of class. During the school year, parking can be a bit congested right around the studio, so we recommend giving yourself 5 – 10 minutes extra time so you don't feel rushed. Generally, there is good free street parking between 2 - 5 blocks away. There is also a paid parking lot 1 block away on 43rd and Stoneway (\$2/hour).
4. **Class and workshop Cancellation policy for In-Person attendance:** We have a 48-hour cancellation policy, and you can cancel a reservation in your punch pass account. We are also always glad to help! If you are sick and need to late cancel your reservation for an in-person class, we will not be able to refund you but are glad to offer you credit for an online class. This policy ensures that, as a small studio, we can continue to offer in-person classes limited to 8 students at reasonable prices. It also simplifies the administrative needs of the studio. You are also always welcome to wait and register for a class up until the start time, depending on spot availability.
5. **Class and workshop Cancellation policy for Online Attendance:** We also have a 48-hour cancellation policy, and you can cancel a reservation in your punch pass account. While we do not offer refunds for late cancellations, you are always welcome to wait and sign up for a class right up until the start time to ensure you will be able to take it.
6. For in-person classes, if you are sick with runny nose, sore throat, persistent or deep cough, fever, and other communicable diseases, please stay home. If you call or email with 2 hours' notice, we can offer you the link to attend online or offer you credit for a

future online class. If a teacher notices that you are exhibiting these symptoms, they will ask you to put on a mask and may send you home.

7. Our studio is a scent and fragrance-free environment due to student sensitivity. Scents can come in many different forms: strong shampoos, conditioners, hair gels, perfumes, strong deodorants, etc. Thank you for understanding!
8. We are available to help and answer questions generally during business hours: 9 – 6 p.m. Monday thru Friday. If you have a pressing question during the weekend, we will respond as soon as possible on Monday! You can email Christy at: christy@wallingfordyoga.com or call our voicemail: 206-547-2712 and leave a message with some times that would be good to get back to you. We will always aim to respond within 24 hours.

Look forward to seeing you!