

# Nude Tantra Yoga Cairns UNDER COVID-19

Dear students

I hope you're coping okay with the affects of the pandemic. It's been a rollercoaster at times for me. But my yogic practices continue to hold me in good stead.

I'm reaching out to you as your yoga teacher to let you know where things stand at the moment.

At a time like this, yoga is needed more than ever! Keeping up a regular practice will help you on many levels: reducing stress, easing muscle tensions, helping with sleep, easing social isolation, regulating your immune system, calming your mind and emotions to name just a few.

Physical distancing of 1.5 metres needs to be maintained at all times.

Here are some options instead of face-to-face classes.

## 1. ONE-ON-ONE LESSONS

You can still come to me in person and have an individual nude yoga lesson in the studio space in Parramatta Park.

### ADVANTAGES OF A FACE-TO-FACE LESSONS

- We'll get to choose a time and day that's mutually convenient
- You can tell me what you're wanting, and I can tailor your lessons specifically to your needs and goals
- You'd have my undivided attention

Naturally I'll be keeping the studio spick and span and disinfected. And there'll be hand sanitiser available for you to use before and after your lessons. Also, it would be a good idea to bring your own props to face-to-face lessons to avoid transmitting infections.

## 2. INDIVIDUAL VIDEO-BASED LESSONS

I can run this type of lesson using either FaceTime if you have an Apple device, or Facebook Messenger App Video Chat if you have an account (works on most smart devices). I also have a Skype account, and if you're willing to sign up for free, we could set up a video conferencing meeting there.

We can discuss comfort levels regarding clothing prior to the start of video lessons.

If using FaceTime or Facebook Messenger, I'd likely be naked. You're welcome to too, or wear some clothes if you prefer. We'd choose a mutually convenient time to run these lessons.

### 3. GROUP VIDEO-BASED LESSONS

Through Skype, FaceTime (Apple devices only) or Facebook Messenger, I can set up a meeting that'd be open to a number of known and trusted nude yoga students to join\*, and you'd be 'virtually' practising with the other students at the same time. I can also send files to you using Chat. It's a bit like our well-known texting service on our mobile devices.

SO, WHAT WOULD IT COST?

#### **INDIVIDUALISED NUDE YOGA TRAINING FEES\*\***

Acceptable forms of payment: MasterCard, Visa and PayPal\*\*\* or direct debit only. No cash please. It's a vector for the virus.

#### **For those financially unaffected by COVID-19 pandemic**

##### 60-MINUTE LESSON

- \$110 for a single lesson
- \$105 per lesson if paying for 5 or more in advance

##### 90-MINUTE LESSON

- \$150 for a single lesson
- \$145 per lesson if paying for 5 or more in advance

#### **For those financially affected by COVID-19 pandemic (valid reason must be stated)**

##### 60-MINUTE LESSON

- \$80 for a single lesson
- \$75 per lesson if paying for 5 or more in advance

##### 90-MINUTE LESSON

- \$120 for a single lesson
- \$115 per lesson if paying for 5 or more in advance

#### **GROUP NUDE YOGA FEES**

Same as the current fee structure for group face-to-face classes

- Casual \$30 per class
- In advance, \$25 per class

Concession cardholders (pensioner, health care or full-time student), deduct 10%. Please show your card at your first class.

#### **PAYMENT**

Direct debit

Account name: Wholistic Solutions

BSB: 923100

Account number: 65024313

Credit Card payments can be made over the phone\*\*\*

Please identify your transaction with the words **Tantra Yoga Cairns** and your name in the relevant fields.

### FIRST CLASS IS FREE

If you're from Cairns and surrounds, your very first nude tantric yoga class will be free of charge with no obligations. This gives you an opportunity to sample the experience and decide if it's for you. If you're visiting Cairns, it's \$30, the standard casual rate.

### REGULAR ATTENDANCE GIVES OPTIMUM RESULTS.

Please let me know if you'd like to continue your yoga training with me and we can discuss the right way to go about this.

In any event, please take good care of your safety during these "interesting times".

Namaste  
Gregory

\* Until the lockdown is lifted, and out of respect for the tradition and your privacy, I'll only allow new students to join my nude yoga video classes when they've completed the health questionnaire and attended at least one face-to-face nude yoga lesson with me.

\*\* If you have outstanding credits for any classes that've been cancelled, you're welcome to put those towards the cost of your first individualised one-on-one, video or group video lesson.

\*\*\* Visa, MasterCard and PayPal accepted. There's a surcharge of 2% per transaction. Please let me know in advance if you'd like a receipt.