

# FAQs

## Yoga Therapy

**Q: Is Yoga Therapy safe for everyone?**

A: Yes. Sessions are personalized, but you must complete the medical intake form and inform us of any health changes. Yoga Therapy supports but does not replace medical care.

**Q: Do I need to pay for a trial class?**

A: Yes, trial classes must be paid in advance.

**Q: How long are packages valid?**

A: Packages expire **2 months from purchase date**. Students are responsible for scheduling and completing sessions within this period.

**Q: Will my photo/video be used?**

A: We may take photos/videos during sessions for promotional use. Please notify us if you prefer not to be included.

## Kalaripayattu

**Q: Can children join Kalari?**

A: Yes, with parental consent and medical clearance.

**Q: Do you follow traditional training?**

A: Yes. Classes are taught in the traditional format, including discipline and progressive training.

**Q: Are outdoor classes safe?**

A: Outdoor sessions require stamina and readiness. Please consult your doctor before participating. We are not liable for injuries or property damage.

**Q: How long are packages valid?**

A: Packages expire **2 months from purchase date**. Students are responsible for attending classes within this time.

**Q: Will my photo/video be used?**

A: We may take photos/videos during training for promotional use. Please notify us if you prefer not to be included.

## Samriddhi Terrariums

**Q: Will my terrarium look exactly like the photo?**

A: Each piece is handcrafted, so jars, plants, and figurines may vary depending on availability.

**Q: What if my terrarium arrives damaged?**

A: If it's our fault, we will replace it within **7 days of delivery**.

**Q: What if my terrarium spoils later?**

A: If due to improper care, we can remake/repair it for a service charge.

**Q: Do you accept returns?**

A: No, due to the perishable and custom nature of the products.

**Q: Do you deliver outside Dubai?**

A: Currently, delivery is within Dubai city only.

## Footer Disclaimer

All YogKalariSamriddhi offerings are provided with care and guidance. Participation in classes is at your own risk, and terrarium care remains the client's responsibility. Full Terms & Conditions apply.