

Do you want to freeze or cancel your membership?

Membership Freeze

As a member, you are welcome to freeze your Stream Membership once per year for 2-12 weeks. Freezes require a two-week notice prior to your billing date. Frozen memberships cannot be cancelled; your membership must be reactivated for one month prior to cancellation. Please review the following freeze policy prior to submitting your freeze request.

Freeze Policy

I can suspend my membership if I submit a written request with start date and number of weeks I need membership frozen at least 2 weeks prior to my next automatic payment. Membership freezes are based on billing date. YogaStream will email a final confirmation that my freeze has been processed and the dates the freeze is effective. I understand that I can only freeze my membership once in a calendar year for 2 to 12 weeks. I understand my payment will automatically restart upon the predetermined date, unless I notify YogaStream for an earlier reactivation date. I cannot cancel my membership while it is on hold/suspended without incurring one additional monthly payment prior to it being cancelled. My membership will be active and I can take classes for the entire month after that final payment. YogaStream does not pro-rate refunds or allow transfers or extensions for frozen memberships.

[Yes, I still want to freeze my membership.](#)

Membership Cancellation

As a member, you can cancel your membership at anytime after two active months. Cancellations require a 14-day notice prior to your billing date. Please review the following YogaStream cancellation policy prior to submitting a cancellation request.

Cancellation Policy

I understand my membership will be cancelled if I submit in writing a request to cancel at least 14 days prior to my next automatic payment. Membership cancellations are based on my billing date. Then, a YogaStream advisor will email a final confirmation that my cancellation has been processed and the dates the cancellation is effective.

I understand that I cannot cancel my membership while it is on hold/suspended. YogaStream does not pro-rate refunds or allow transfers/extensions for a frozen membership.

[Yes, I still want to cancel my membership.](#)