



Terms and Agreement

HEALTH & SAFETY

Check with a trusted medical professional before starting any new exercise routine. If you have an existing medical condition or injury, make sure your doctor approves of yoga as a rehabilitation protocol. Your health is your responsibility, please take care and be on the side of caution. Know the risk of Yoga as a physical exercise as well as it is an online experience where instructor is not there physically to assist with hands on.

CANCELLATION

I am afraid no refund available at any circumstance so be sure to turn up to the class you've booked! It's time for self-care.

In case of any technical failure on my side (i.e. Internet and/or software issue) and unable to continue the class for 60 min, join the next class for free.

PREPARE FOR CLASS

- Remove any distraction and clear out the space where you will practice
- Ensure the device you are connected to Zoom is fully charged or plugged in
- Turn off your phone (if you are not using as a device for the class)
- Click on the teacher and 'pin video' to keep the teacher in view during the practice.
- Mute the microphone during practice
- Use a yoga mat
- Wear loose-fitting, athletic clothing
- Feel free to ask any questions before and after the class. (Unmute to speak)
- Be present in your own body, breath and mind to avoid any unexpected injuries. Do less if you need to.
- Schedule 60 minutes uninterrupted and stay online until the end of the practice if you can
- Avoid eating 2-3 hours before practice
- Enjoy your practice



DECLARATION

___ **I take full responsibility for my own health & safety.** I hereby assume all of the risks of participating in any/all activities associated with this event, including by way of example and not limitation, any risks that may arise from negligence or carelessness on the part of the persons or entities being released, from dangerous or defective equipment or property owned, maintained, or controlled by them, or because of their possible liability without fault.

___ **My health professional approves of yoga practice.** I certify that I am physically fit, have sufficiently prepared or trained for participation in this activity, and have not been advised to not participate by a qualified medical professional. I certify that there are no health-related reasons or problems which preclude my participation in this activity.

___ **I take full liability.** I acknowledge that this Accident Waiver and Release of Liability Form will be used by the event holders, sponsors, and organizers of the activity in which I may participate, and that it will govern my actions and responsibilities at said activity.

___ **Yoga is not a panacea.** I understand that neither yoga nor my instructors are here to diagnose or cure any disease, injury or illness.

I have read, understood, and agree with all the terms and conditions of this waiver.