

## **TERMS & CONDITIONS (Yoga with Bex Triggs)**

### **1 . SCHEDULED GROUP SESSIONS**

#### **1.1 Face-to-face, Private and Semi-Private tuition**

Modifications will be offered for differing abilities. You undertake to only move into poses that your body is comfortable in and to use props as advised.

#### **1.2 Online classes**

With an online practice, I am unable to observe your complete practice and therefore you undertake to

- offer full disclosure of any injuries or issues that might affect your practice
- that you have sufficient room around your yoga mat/ (or chair for chair yoga) to practice safely and that there are no hazards nearby which may cause injury or illness
- that you are responsible for your own physical safety and will not undertake any movement that causes you pain or discomfort
- that you will not practice physical yoga poses if you are under the influence of alcohol, drugs, medications or other intoxicants
- ensure that appropriate dress, behaviour and language are adhered to at all times

### **2. CLASS CREDITS AND PACKAGES**

Ensure all classes are booked before their expiration date. If a class is cancelled or rescheduled, the class credit will go back onto your account and can be re-used if booked before the expiration date.

### **3 CANCELLATIONS & REFUNDS**

3.1 Refunds - You are able to reschedule or cancel a single booked yoga class with 72 hours notice of the start time. In the event that you do not attend the class without cancelling or rescheduling, the class credit will be lost.

No refunds will be given for any classes not attended.

No Refunds will be given for block bookings.

Classes cannot be transferred to another person.

3.2 Class cancellations - If I must cancel a class due to illness or emergency, I will endeavour to notify all clients by email, SMS message (if I have your mobile telephone number), and by posting a message on Facebook. The class credit will go back to your account or the class will be rescheduled.

#### **4 COMMUNICATIONS**

Information about classes will be communicated by email (please check your spam/junk folders regularly) or SMS text message, (a valid email address and mobile telephone number is required).

You may choose to receive my newsletters and you are able to manage your mailing subscriptions at any time. However, information about classes booked and paid for will still be sent.

#### **5 PERSONAL RESPONSIBILITIES AND LIABILITIES**

Health Declaration - Before your first session with me, you are required to complete an online Health Declaration to confirm that you are fit and able to practice. You should disclose information about any health issues as detailed on the declaration, including if you think you may be pregnant, undergoing fertility treatment or if you have recently experienced childbirth or miscarriage. Information supplied will be treated with the greatest confidentiality and respect.

If you are unsure if yoga is appropriate for a specific health concern, please consult your GP or health professional. You undertake that you will cease any activity if it causes you pain or discomfort. You undertake that you will notify me at the start of any session of any issues or injuries that will affect your practice. Your Health Declaration must be updated regularly and in the event of major health concerns or surgeries. Pain killers If you have had cause to take any pain relief medication prior to a scheduled yoga class, please do not attend as some medications can interfere with the bodies normal pain receptors which will greatly increase your risk of injury.

#### **6 PHOTOGRAPHS**

I occasionally take photographs during sessions; please let me know if you do not want me to share images of you on my website or social media pages. (Any pictures containing your image will be cropped or edited.) Images may be used for marketing purposes and remain the property of Yoga with Bex Triggs