

The Yoga-Lounge Liability Waiver

All classes at The Yoga-Lounge will begin at a low level and will be advanced in stages. It is important for you to realize that you are entitled to stop whenever you wish if you feel tired or are in any discomfort.

You will be attending classes as part of a group and that the group class will not be specifically designed to your individual needs.

There exists the possibility of certain dangers when practicing Yoga/Pilates; abnormal blood pressure, fainting, irregular/fast or slow heart rhythm, muscle and joint discomfort.

Whilst every care will be taken to ensure your safety, it is impossible for another person to predict the body's exact response to a program. Therefore, it is important that you provide the correct information on the Physical Activity Readiness Questionnaire (PARQ) form to minimize any risk. If your health changes at any time, you agree to inform The Yoga-Lounge. Any other changes to personal data such as address, contact numbers and email should also be notified to The Yoga-Lounge.

It is always important that within your class you practice intelligently and work within your own limitations.

As a student engaging in classes at The Yoga-Lounge you are responsible for ensuring that you are properly equipped and that your state of health and physical condition are such as not to involve any risk to yourself or any other person.

If you are temporarily injured and or unwell please do not attend class until you are well enough to participate to your full capacity.

If you do attend class with any temporary changes to your physical condition please ensure you inform your teacher prior to the start of the class. It is at the teacher's discretion whether or not she/he deems you fit enough to participate in the class.

For health and safety reasons the following should be adhered to;

Attend classes in suitable, loose, layered clothing and ensure long hair is tied back.

Some practices such as Yoga will require you to work in bare feet. If this is not possible, wear Yoga Toe Socks as an alternative. Those that chose to practice in regular socks, do so at their own risk.

Due to the risk of choking no chewing gum to be consumed during class.

To maintain concentration and to cause no disruption during classes, The Yoga-Lounge supports a strict **NO PHONE POLICY** therefore, no mobile phones to be on or used in class unless prior arrangement has been made with the teacher.

The Yoga-Lounge accepts no liability for theft, loss or damage to any personal possessions in the grounds of or at the facility of the studio. Personal possessions are entirely brought to The Yoga-Lounge at the owner's risk.

The Yoga-Lounge also accepts no responsibility for accident, injury, illness, loss or misadventure caused to or suffered by you whilst in the grounds of or in the facility of the studio.

I confirm I have read and understood the liability waiver

Full Name:

Signature:

Date: