**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 realise 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 the group class will not be specifically designed for your individual needs.

There exists the possibility of certain dangers when practicing Yoga/Pilates. These might include: 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 programme. Therefore, it is important that you provide the correct information on the Health Questionnaire to minimise any risk.  If your health changes at any time, you must 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 considerately 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 do not cause risk to yourself or any other person.

If you are temporarily injured 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 please ensure you 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 is to be consumed during class.

To maintain concentration and to avoid disruption during classes, The Yoga-Lounge supports a strict **no phone policy. N**o mobile phones are to be on or used in class unless a 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 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.

**Delay your practice if you or anyone you have been in contact with feels unwell and is suffering with any COVID-19 related symptoms. These include: high temperature; a new continuous cough; loss or change of your sense of smell or taste.**

**Do not come to class if you have travelled in the last 10 days to a quarantined restricted country and you have to self-isolate. For more info visit:** <https://www.gov.uk/guidance/coronavirus-covid-19-countries-and-territories-exempt-from-advice-against-all-but-essential-international-travel>

**I confirm I have read and understood the liability wavier**

Full Name: ………………………………………………………………

Signature: ………………………………………………………………

Date: ……………………………………………………………………….