



## Online workshops disclaimer

When online, it is up to the individual to assess whether they are ready for the workshop that they have chosen. The practice of yoga asanas requires you – the practitioner – to gauge the safety of your practice within your personal physical limitations. It is better to build up slowly than to force and strain.

You agree that you are fit to practice Yoga.

- If you have any past or present injuries and/or medical conditions you have taken appropriate medical advice and have a clearance from a medical professional to attend a Yoga workshop.
- If you are pregnant, you must inform the teacher before the workshop to check that the programme will be suitable and follow the recommended practice only.
- If you have a fever on the day, have had any recent diarrhoea or vomiting it is best to rest until you are better.

Please ask your teacher if you are unsure.

These events are for existing Iyengar yoga students only (or by permission of the teacher). In following this programme/sequence, you agree to assume full responsibility for any risks, injuries or damages, known or unknown, which you might incur as a result.

You are also responsible to make sure that you can see and hear the class properly on your device and also that you position the device in such a way that you are visible to the teacher.

All workshop fees are non-refundable unless the event is cancelled by us. You can cancel your booking any time up to 48 hours before the event and get a refund (minus £5 admin charge).

Recording the classes or communicating the links to other people who have not booked for the event are not permitted.

Your online attendance means that you have **agreed to the above conditions**.