

**Terms and Conditions**

**Important information about your wellbeing**

Mind-body practices such as yoga and meditation are generally very safe. Teachers are fully trained and insured to provide the best and safest teaching. **We do ask that you take responsibility for your own health and care. Please listen to your body and respect it**. Your ability may vary from session to session depending on your state of well-being, fitness, tiredness and/or stress levels. Work in a way that feels right for you on any given day. Pain is the body’s warning system and should not be ignored.

**Please ensure you complete the Yogabliss Questionnaire before your first class and advise us before commencing any session if, for any reason, your health or your ability to exercise changes** (i.e. pregnancy, muscle soreness, joint pain, pulled muscles, minor injuries etc). Please inform your teacher immediately if you feel any discomfort during a session. Please also inform the teacher if you felt any discomfort after a previous session.

**If you feel unwell (head cold, dizziness, sickness etc) it would be prudent not to attend class**. This is primarily for your safety and well-being (your powers of concentration and performance levels may be below par and however slight, there is an increased risk of injury) and also in consideration for the comfort, well-being and health of other members in the class.

As with all forms of physical exercise, it is prudent to **consult your doctor before starting**. The sessions are not a substitute for medical counselling or treatment. If you have any doubts about the suitability of yoga, you should refer back to your medical practitioner. **If you are pregnant it is not advisable to practice for the first trimester.** It is also wise to wait six weeks after the birth before resuming exercise.

Please wear loose clothes for classes. It is advisable to drink water during and after sessions to re-hydrate the body and to help flush out toxins that may have been released by your body as a result of yoga.

**Photography**

We reserve the right to photograph or film during events and to use these images for our website and marketing purposes – however this will be kept to a minimum. Please let us know beforehand if you are not comfortable with this.

**Privacy policy**

Yogabliss is the sole owner of information collected from you. We keep your personal information private and secure. We don’t bombard you with emails, just a newsletter 4-5 times a year, if you opt in. We will never pass your information to a 3rd party. Read our [privacy statement](https://yogabliss.org.uk/contacts/).

By registering for a Yogabliss class or event, you are in agreement that:

* You are participating voluntarily in an online or in-studio class, workshop or retreat. You recognise that yoga and other practices requires physical exertion that may be strenuous and may cause physical injury, and you are fully aware of the risks and hazards involved. You represent and warrant that you are physically fit and you have no medical condition that would prevent your full participation and you agree to assume full responsibility for any risks, injuries or damages, known or unknown, which you might incur as a result of participating in the program.
* You understand that you may receive physical or verbal assists or adjustments to enhance or correct your body posture during class by either the teacher or an assistant in class. You will take accountability for alerting the teacher and assistant of any injury or impairment in advance before class begins or if you do not want to receive any assists.
* You understand that Yogabliss reserves the right to make alterations to the timetable, teachers, terms and conditions provided to members and on occasion with minimal notice.
* You understand that classes at the studio may be livestreamed. While you are not in shot, photos and videos may be taken of the class and used by Yogabliss for marketing purposes.
* You knowingly, voluntarily and expressly waive any claim you may have against Yogaliss for injury or damages that you may sustain as a result of participating in our events.
* You, your heirs or legal representatives forever release waive, discharge and covenant not to sue for any injury or accident caused by their negligence or other acts.

By registering, you confirm that you have read and understood the above advice and that the information you have provided is correct.

**Cancellation policy**

We understand things happen and sometimes plans change. We aim to accommodate these changes as best we can by setting out fair and reasonable terms for booking and cancelling our classes or events – allowing customers time to change their mind, while ensuring an event is still viable to go ahead.

**In the event of Yogabliss cancelling an event:**You will receive a full refund for the price of your booking, or the option of being transferred to another workshop.

**In the event of a client cancelling their place:**Provided you have notified us within the cancellation window (see below), you can receive a refund (less deposit or admin fee), or the option of being transferred to another workshop.

Before committing to a course or event, please ensure you can attend.

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| **Event** | **Cancellation** |
| For in studio / live classes | No refunds for cancellations made 24 hours prior to class.  Transfers to another date can be made prior to classes beginning, at the discretion of the teacher.  Class passes expire after 180 days. They are non-refundable and non-transferable. |
| For workshops | No refunds for cancellations made 7 days before start date unless the workshop is full and your place can be filled from a waiting list. |
| Private 1 to 1 classes | No refunds for cancellations made within 48 hours of session.  No refunds for a no-show.  3 day notice period required to change a session. |
| Corporate Groups | No refunds for cancellations made 14 days before start date. Refund less non-refundable deposit or where no deposit less 20% admin fee. |
| Retreats | No refunds for 90 days before start date. Refund less non-refundable deposit or where no deposit less 20% admin fee.  No refunds if a client needs to leave for any reason once the retreat has started. |