

Liability Waiver and Terms and Conditions for Amy Ellis/ Ground and Flow Yoga



Ground and Flow
Yoga

Full Name:

Date of Birth:

Contact Number:

Email:

Prior Experience: Have you practiced yoga before? Please give details of your prior experience.

Emergency Contact Details

Name:

Contact Number:

Health information & Medical History: Please list any disabilities, injuries, medical conditions or relevant medical history. If you have any pre-existing conditions or injuries, it is strongly recommended that you consult a medical practitioner before participating in yoga sessions.

1. Voluntary Participation and Assumption of Risk

I () understand that I am participating in a class, private yoga session, online class, sound bath, workshop or event offered by Amy Ellis and/ or Ground and Flow Yoga at my own risk. I understand that yoga requires some physical exertion and carries the risk of injury, including serious or disabling injuries. I agree to assume full responsibility for any risks, injuries, or damages, known or unknown that I might incur as a result of participation in these classes/events or workshops.

I understand that yoga is not a substitute for medical attention, diagnosis or treatment, and I acknowledge that yoga may not be safe under certain medical conditions and circumstances. It is my responsibility to determine whether I am fit to participate in yoga sessions.

I affirm that I am voluntarily participating at my own risk.

Suitability: If pregnant, have epilepsy, a pacemaker, or other conditions, consult a doctor before booking.

2. Pregnancy Participation Policy

If I am or become pregnant:

- I may not attend any yoga classes during the first trimester (up to 12 weeks).
- From 13 weeks onwards, I must provide explicit medical clearance from my healthcare provider before participating. I may attend classes if I had a regular pre-pregnancy practice and consulted with my doctor.
- I must inform Amy Ellis before every session of my pregnancy status. I understand that not all classes or movements are suitable during pregnancy.
- I understand I participate at my own risk and release Amy Ellis/ Ground and Flow Yoga from any liability related to pregnancy.

3. Postnatal Participation Policy

- I confirm I have received medical clearance from my healthcare provider to resume physical activity postnatally.
- I understand that 6-8 weeks is the usual postnatal recovery period (or 8-12 weeks following a caesarean), which must be agreed upon with my healthcare provider.

- I will inform Amy Ellis of any specific postnatal considerations (e.g., pelvic floor weakness, diastasis recti, prolapse, caesarean recovery).
- I understand modifications may be necessary for safe participation.
- I participate at my own risk.
- For mum and baby classes, I am responsible for my child's safety and supervision at all times and will bring appropriate care items. I acknowledge the baby/child remains my responsibility during the session and release Amy Ellis/ Ground and Flow Yoga from any liability related to their participation in the yoga class or event.

2. Physical adjustments and assistance

I understand that I may receive physical assistance or adjustments to enhance or correct my body posture during class by the teacher. I will take accountability for alerting the teacher of any injury or impairment before the class begins or if I do not want to receive adjustment or facilitation.

3. Sound Healing: A crystal bowl sound bath and sound healing is not suitable for the following people:

- if you are within the first 12 weeks of pregnancy
- If you experience sound induced epilepsy
- If you suffer with seizures or fitting episodes
- If you have any heart conditions or pacemaker
- If you have severe unmanageable mental health conditions

Precautions:

A precaution is advised for those who:

- Have any sound conditions or sensitivities (tinnitus)
- If you have any pins, screws, stents, shunts or implants
- If you are pregnant

If any of these precautionary scenarios apply to you, or if you have any other health conditions, it is recommended that you seek advice from your doctor or medical professional before attending a sound bath.

4. Photography and Video

I understand that photos and videos may be taken of the class and used by Amy Ellis and/ or Ground and Flow Yoga for marketing purposes on the website or social media. However, I understand that I will be informed of this before the start of the class, event or workshop.

5. Personal Belongings

I agree that I am responsible for my own belongings whilst attending classes and events by Amy Ellis and/or Ground and Flow Yoga.

6. Payment

All online bookings require full payment at the time of booking. Unless otherwise agreed, bookings must be made online via the booking system. If it is agreed that booking can be made in another way, payment must be made before the start of the workshop, class or event.

If you have booked a private session payment must be made before the start of the session.

7. Waiver of Claims

By signing below, I irrevocably release and waive any present or future claims against Amy Ellis and/ or Ground and Flow Yoga arising from participation in the yoga sessions, classes, events, retreats and workshops. I agree that neither Amy Ellis nor Ground and Flow Yoga will be held liable for any injury, damage, or loss that may occur because of my participation.

Agreement

By joining a yoga event, class, retreat or sound bath with Amy Ellis/Ground & Flow Yoga, I agree and take full responsibility. By participating in this class, I agree to do so at my own risk, and by voluntarily participating in these activities, I assume all risk of injury to myself (and, if a mother and baby event, to my baby) and agree to discharge Amy Ellis/ Ground & Flow Yoga from all and any claims of action, known or unknown, arising out of Amy Ellis's negligence.

I have read, understood, and agree to the terms outlined in this document.

My signature below confirms my acceptance of this waiver and releases liability from this day forwards.

IMPORTANT: I understand that it is my responsibility to inform the Yoga Instructor if any of the above details change.

Date:

Name:

Signature:

Please do not hesitate to contact me if you have any questions.

groundandflowyoga@gmail.com

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