Green Room Health Disclaimer

By registering and joining any online Green Room Health classes taught by Emmeline you agree to adhere to the following:

\*Ensure that you are fit and healthy to exercise. Please consult your GP or Specialist if you are unsure about the suitability of any classes taught by Emmeline at Green Room Health.

Emmeline at Green Room Health will not be responsible for any injury or harm you sustain as a result of your participation of these online classes.

\*If any any point in the class you begin to feel faint/dizzy or unwell please stop immediately.

\*Please use good judgement and common sense when taking part in class, ensure you have enough space around you to complete the exercises with no obstructions and you won’t be disturbed with people/pets coming and going.

\* Consider your own ability and choose the appropriate level of exercise for you. Rest when needed and take on water.