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sound | meditation | tai chi

Health and Participation Agreement

Please read this form carefully before booking. All bookings are subject to these terms.

By booking a T'ai Chi Qigong Shibashi class at meditate.for.life, you confirm that you understand you will receive instruction in this practice and agree to take part at your own discretion.

You confirm that you are medically fit to participate and have consulted, or will consult, your doctor if required. You know of no medical reason that would prevent your participation.

You accept full responsibility for your health and wellbeing and will inform the instructor of any serious illness or medical condition prior to attending. Notification must be made via email to **meditate.for.life@outlook.com**. You agree to practise within your own comfort zone at all times and will not move into strain or pain.

You voluntarily waive any claim against the instructor, Sally Stewart, and the hosting venue for any injury, loss, or damage to person or property arising from participation.

Classes are led by a fully certified and insured instructor and are open to all abilities who are independently mobile and medically fit.

Places are limited. All bookings are non-refundable due to running costs. If notice is given you may transfer your booking to an alternative date. You are also welcome to transfer your place to friends or family.

By booking, you confirm that you have read, understood, and agreed to these terms and conditions.