

Jess Evans Yoga

Waiver for attending in-person yoga classes

Introduction:

The practice of Yoga involves physical activity (Asana), breathing exercises (Pranayama), and meditation. As with all physical activity, the risk of injury, even serious or disabling, is always present and can not be entirely eliminated. During class, the Teacher will provide verbal cues inviting You to move, stretch and breathe in a particular way, these cues are guidelines only. You should always work to your own ability.

Your Wellbeing:

Individuals with any health concerns should seek appropriate advice from their GP, Physiotherapist or other relevant professional advisor and obtain their consent before attending a Session. Advice provided by Your instructor at no time constitutes medical advice and is not a substitute for advice provided by a medical professional.

Whilst the benefits of practising yoga over time may include increased range of movement and improved strength, flexibility and mental health; You recognise that exercise requiring physical exertion may cause physical harm.

Postures/Pose Variations:

Many Yoga poses/postures have variations of increasing difficulty, and some of these may be beyond Your current level of strength, fitness, or flexibility. You acknowledge that You must apply your judgement as to whether or not You chose to perform any individual poses or pose variations.

Adjustments:

From time to time in the context of a yoga class, Your instructor may physically adjust your form and posture. If You do not want such physical adjustments, You will need to inform the instructor at each class You attend.

You acknowledge that if You do wish to receive such adjustments, it is your responsibility to inform the instructor when an adjustment has gone as far as You desire at that time.

Regarding each Session/Class/Activity:

You acknowledge that Sessions may be physically strenuous and You agree that You are voluntarily participating in a Session with full knowledge that there is an inherent risk of personal injury or illness arising from your participation in any exercise program and use of specialist equipment.

Certain pose variations may be unsuitable for You if You have any medical, health or fitness problem or condition.

You must ensure that You are fit and well enough to participate in any Session that You book, and You will at all times be responsible for Your own state of health, physical condition and wellbeing.

If You have any concerns about Your fitness or health, You should seek appropriate medical advice from Your GP, Physiotherapist or other relevant professional medical or other adviser and obtain their written consent where necessary.

Before your class:

Please inform your instructor if You are pregnant, and if so whether You are in the first 3 months of your pregnancy.

Please inform your instructor if You do not want to receive physical adjustments to your pose/posture.

You must not attend any Session when under the influence of alcohol or illegal drugs or immediately following a heavy meal.

You must be at least 18 years old.

During your class:

You should arrive at least 5 minutes prior to the start time of a Session. If You arrive later than a Session start time and You arrive after any warm-up for that Session has begun, your instructor reserves the right to refuse your participation in the Session for health and safety reasons.

If You are pregnant, You participate fully at your own risk and that of your unborn child/children.

It is your responsibility to opt-out of any pose variations which You deem unfit or unsuitable for You at any point during the practice.

You will inform the instructor when an adjustment has gone as far as You desire at that time.

You will take full and sole responsibility for loss or damage to your personal property.

Summary:

You confirm that You are physically fit in mind and body and do not have any medical condition/s which would prevent your full participation in these yoga classes/sessions/activities. You assume all responsibility and liability for any risks, injuries or damages, known or unknown, which You may sustain owing to your participation.