

CHAIR YOGA AT HOME (ONLINE CLASSES)

DISCLAIMER

This is an open level class and is suitable for all fitness levels; but please ensure that you have permission from your medical professional if you have recently undergone any medical procedure. If you are new to yoga, please speak with Jackie (07940 575628 / Jackie.jjc.yoga@gmail.com) as to which classes are most appropriate for you.

To take part in this class you will need an upright chair (e.g. dining chair or your wheelchair) and maybe a strap or belt (although not necessary) and some water to ensure you stay hydrated.

You are about to take part in a class that will be live streamed to a restricted number of participants. During the class, you (or anyone else who comes into the frame, including children) may be visible to other participants. No recording of the video will be made.

IMPORTANT NOTICE

Although there are tremendous benefits to overall health and wellbeing, yoga can be physically challenging and carries with it risks that cannot entirely be eliminated. These include the risk of personal injury, or the exacerbation of existing injuries or conditions, or damage to property around you during your participation.

Please note that although you may appear on video link during the live stream of the class, the instructor may not be able to see you clearly or instruct you individually as is possible in a face-to-face teaching scenario.

Participant Rules:

- *Please follow the British Wheel of Yoga "Student Guidance – remote sessions" guidelines document.*
- *You must act responsibly and sensibly at all times.*
- *You must not participate if you are under the influence of alcohol or non-prescription drugs.*
- *Neither your teacher nor the British Wheel of Yoga are qualified to express an opinion that you are fit to safely participate in any British Wheel of Yoga organised sessions or any British Wheel of Yoga trained teacher's yoga classes. You must obtain professional or specialist advice from your doctor before participating if you are in any doubt.*
- *Clear enough space to safely carry out the exercises without hitting items around you.*
- *Check that the device you are using is securely positioned and will not interfere with your movement.*
- *Listen to your body. Follow any safety instructions or suitable modifications or adjustments to the exercise as instructed.*
- *Never continue with a class or a movement that is too difficult for your level of experience or ability, or if you feel any discomfort.*

In the absence of any negligence or other breach of duty by your teacher, participating in this yoga class is entirely at your own risk.

By accessing and participating in this class you confirm that you have read and understood this disclaimer.