

## Prenatal Retreat Day 15.11.25 : Terms & Conditions and Liability Waiver

By partaking in the Prenatal Retreat Day, and attending the Pilates and Yoga classes, guided by Natalya and Paloma, I confirm that I am in a fit and able state to exercise; and/or a doctor has cleared me for exercise relating to pregnancy or any injuries/issues that I may currently have. Furthermore:

1. **Health Acknowledgment:** I confirm that I do not have any contra-indications which prevent me from partaking in prenatal exercises.
2. **Assumption of Risks:** Exercise: I acknowledge that Pilates and Yoga involves physical movement and exertion, and I agree to take responsibility for my own safety and well-being during the sessions. Food: I understand that food will be provided at the event, and that it is my responsibility to be aware of any food intolerances that I may have which may prevent me from eating certain foods.
3. **Medical Consultations:** I understand that the Natalya and Paloma are trained instructors, and not a medical professionals. Their advice is based on their own learning, training and experience with other clients, therefore any medical and biomechanical concerns should be answered by a Doctor.
4. **Release of Liability:** I hereby release, waive, discharge, and covenant not to sue the event hosts (Pilates by Natalya or Little Sanctuary by Paloma) from any and all liabilities, claims, demands, actions, or damages arising out of or related to my participation in the event. I will not place any liability on the event hosts, suppliers to the day or venue, nor will I begin any legal proceedings in relation to events that I participate in.
5. **Personal Responsibility:** I understand that it is my responsibility to monitor my own exertion levels and general wellbeing during the day.
6. **Photography and Video:** I grant permission to the event hosts to use photographs or videos taken during the event for promotional or educational purposes.
7. **Cancellations:** I understand that full payment is required at the time of booking. Refunds will not be provided, but they can be transferred to another person\*. Should one of the event hosts be ill/unable to attend or there is an issue on the day, or in any unforeseen circumstances, then the full payment will be refunded. \*A partial reimbursement of 50EUR can be made in the event of serious illness or force majeure scenarios.
8. **Payment:** I confirm that full payment has been paid.
9. **Data:** I understand that my personal information is provided for the event, and will be used in confidence and stored by the event hosts only.
10. **Personal Belongings:** I understand that the event hosts or event space are not responsible for the safety of my personal belongings while I attend the event.

By submitting this form, I acknowledge that I have read, understand, and voluntarily agree to the above Terms & Conditions.