Happy Chakras: Terms & Conditions

PAYMENTS are non-refundable and transferrable only in circumstances outlined below. Payment must be made in full on booking (unless otherwise arranged). 'Offline payment' means payment by bacs (bank transfer) immediately on booking. Failure to do so may result in your booking being cancelled.

YOGA CLASSES: The price of classes that run in a block of consecutive weeks gives you a discount. Refunds and transfers are not given on any missed classes. For classes that run over 6 weeks: if you have a holiday booked and will miss 2 classes, please inform me prior to booking and you will be offered a discounted price that considers your absence. If I cancel a class, the block will be extended, and your booking will remain in place for the additional week. If a whole block is cancelled by me, you will be offered a transfer to the next block or receive a full refund.

YOGA & WELLBEING WEEKEND EVENTS: All payments are non-refundable and only transferrable in extreme circumstances and these will incur an admin fee of £50 per person

ONLINE CLASSES/WORKSHOPS: In some instances, where the class/course is live and you are unable to be present, it may be possible for you to receive a recording of that class. If I am absent, you will receive a pre-recorded class for that class. Please be aware that if a problem arises during the recording process you may receive a recording of a similar class on a different date

REIKI, REFLEXOLOGY AND PRIVATE WELLBEING SESSIONS: Payment is in full on booking. I have a no refund policy. If you need to reschedule your appointment, please contact me by phone or text at least 48 hours before your scheduled appointment. If less notice is given, you may not be offered an alternative appointment.

Additional Info

For therapies, workshops and courses at my home, I will contact you with my address in advance of your appointment/course.

My home is unsuitable for people with dog allergies and those who are unable to use steps or are unsteady on their feet.

DISCLAIMER: In-Person Yoga Class

• Yoga can be physically challenging and is not without risks of personal injury or exacerbation of existing injuries or conditions. It is your responsibility to make sure you are fit to safely participate in a yoga class; if you have an existing medical condition/injury, it is your responsibility to consult with a medical professional before participating in a class. You should re-seek medical advice if any new conditions or symptoms arise following participating in a class.

• This class is not suitable for those with limited mobility, serious heart problems and pregnant ladies.

• To take part in the class you need a yoga mat and a blanket. You will also need to be hydrated so have a bottle of water close by.

• You need to wear loose fitting clothing that won’t restrict movement. No buckles, belts, jeans or similar. Remove jewellery that may dig into the body or cause distraction.

• You must assume responsibility when using yoga equipment provided by the teacher.

• During class the yoga teacher may make physical adjustment to your body. If you do not agree to being physically adjusted, it is your responsibility to inform the teacher before the class.

• Always listen to your body and never continue a movement that exceeds your level of experience, ability or if you feel discomfort or pain.

• You assume full responsibility for your physical movements during in person and remote (online) yoga classes, where it is not always possible for the yoga teacher to view your whole body or assess your physical movements.

• In taking part in a yoga class, you take full responsibility for your physical movements and agree to indemnify Michelle Liptrot and Happy Chakras for any liability, losses, damages, or expense arising out of your participation. You assume the risk of the yoga practice and release Michelle Liptrot and Happy Chakras from any liability claims.

DISCLAIMER: Pre-Recorded Yoga Class

• Yoga can be physically challenging and is not without risks of personal injury or exacerbation of existing injuries or conditions. It is your responsibility to make sure you are fit to safely participate in a yoga class; if you have an existing medical condition/injury, it is your responsibility to consult with a medical professional before participating in a class. You should re-seek medical advice if any new conditions or symptoms arise following participating in a class.

• This class is not suitable for those with limited mobility, serious heart problems and pregnant ladies.

• To take part in the class you need a yoga mat and a blanket. You will also need to be hydrated so have a bottle of water close by.

• You need to wear loose fitting clothing that won’t restrict movement. No buckles, belts, jeans or similar. Remove jewellery that may dig into the body or cause distraction.

• Do not take part in a class if you are under the influence of alcohol or non-prescribed drugs.

• Clear space to ensure you will be able to practice safely without hitting furniture and other items. Make sure your device is securely positioned.

• Always listen to your body and never continue a movement that exceeds your level of experience, ability or if you feel discomfort or pain.

• In taking part in a pre-recorded class, you take full responsibility for your physical movements and agree to indemnify Michelle Liptrot and Happy Chakras for any liability, losses, damages, or expense arising out of your participation. You assume the risk of the yoga practice and release Michelle Liptrot and Happy Chakras from any liability claims.

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