

BCA

Yoga is a very safe activity with many health and well-being benefits.

The gentle practice offered by Berwick Contemplative Arts (BCA) encourages you to explore your own experience and this includes deciding which aspects of the practice are suitable for you to engage in.

Please note, BCA and the yoga teachers we employ are not qualified to assess your fitness to practice yoga, this should only be done by you or a health professional. If you are in any doubt of your fitness to practice yoga, you should gain assurance from a health professional.

Please acknowledge your agreement with the statement below:

I, the undersigned, acknowledge I am 18 years of age or older and have chosen to take part in the yoga class provided by Berwick Contemplative Arts. I accept full responsibility for my own health and well-being during the class.
