

Louise Rogers Yoga Terms and Conditions for Participants of Classes, Workshops, Private Lessons & Retreats.

This is to inform you of our terms and conditions for all classes or sessions booked or attended by you, the customer, and Louise Rogers Yoga. By participating in classes or private sessions you are deemed to have accepted the terms and conditions.

Terms and Conditions for Activities.

1. All physical postures instructed by the teacher are to be undertaken by you with sensible judgement, if something feels painful, don't do it. Trust your own guidance, and listen to your body. Risk of injury within the context of yoga is minimal, but when you are moving your body, there is always a risk.
2. By participating in group yoga classes, you agree that you are physically able to practice yoga and that Louise Rogers Yoga is not responsible or liable for any personal injury, accident or loss to personal possessions.
3. Bookings for classes should be made in advance in order to secure a place. By participating in group yoga classes, you agree that you are physically able to practice yoga and that Louise Rogers Yoga is not responsible or liable for any personal injury, accident or loss to personal possessions.
4. Bookings and payments are made online. If you are unable to book online please contact info@louiserogersyoga.co.uk or 07973 733372. More information regarding supply of Data for booking and payment can be found in the Privacy Policy.
5. Payment should be made in advance before you attend the class. Some group classes have an option to amend booking or change the date, see individual class description. Payment for classes are non-refundable unless in the case of serious illness or other emergency and should be discussed with Louise.
6. If we need to cancel a class (due to illness or personal issues) which you have paid for in advance we will refund you the full amount or offer a transfer.
7. Group yoga classes are usually taught by Louise Rogers, however if she is unable to teach, a suitably qualified and experienced teacher will be booked to cover. We will endeavour to let participants know of any teacher changes, but this is not always possible.
8. Payment concessions are available for those with a genuine need, please contact Louise Rogers to discuss confidentially.

9. **Not medical, mental health, or religious advice.** You are solely responsible for your own physical, mental and emotional well-being during our work together. This work is solely educational. Yoga practice is not counselling, psychotherapy, psychoanalysis, mental health care, substance abuse treatment and is not a substitute for professional therapy if needed. I am not, nor am I holding myself out to be a medical professional, mental health professional, counsellor or coach. As a yoga teacher, I am not providing health care, medical or nutritional services, or attempting to diagnose, treat, prevent or cure any physical, mental or emotional issue, disease or condition. The information provided via my Classes or Website pertaining to your health and wellness, or any other aspect of your life is not intended to be a substitute for the professional medical advice, diagnosis or treatment provided by your own medical provider or mental health provider. You agree and acknowledge that I am not providing medical advice, mental health advice, or religious advice in any way. Always seek the advice of your own medical provider and / or mental health provider regarding any questions or concerns you have about your specific health needs before implementing any recommendations or suggestions from our Classes or Website.

Terms and Conditions for Workshops

1. Bookings for workshops should be made in advance in order to secure a place.
2. Bookings and payments are made online. If you are unable to book online please contact info@louiserogersyoga.co.uk or 07973 733372.
3. All workshops are non-refundable. Credit on account can be given if a workshop is sold out and there is a wait list.
4. You may transfer your booked workshop place to another participant, but please advise us of any changes.
5. If we have to cancel the workshop you will receive a full refund.

Terms and Conditions for UK retreats

1. A non-refundable deposit is required to secure your space. Payment of the balance should be made before the final date specified, and failure to do this will result in your place being cancelled.
2. If you withdraw 60 days or more before the retreat your remaining balance will be refunded (less your deposit).
3. If you withdraw less than 60 days before the retreat then no refund will be given, however you may transfer your place to another person.

4. Please note that no refunds, credits or transfers will be given for no-shows, early departure from the retreat, unused days or force majeure.
5. If we cancel the retreat then all payments including the deposit shall be returned.
6. We strongly recommend you purchase holiday insurance in case of cancellation on your part.
7. All retreat participants will be asked to complete a brief health questionnaire and liability waiver before attending the event.

Terms and Conditions for Private Lessons

1. All cancellations of private sessions should be made within 48 hours, or full session fee will apply.
2. In the case of sudden illness or emergency, please contact Louise as soon as possible on 07973 733372. Re-scheduling will depend on session time availability.
3. If for any reason Louise needs to cancel due to illness or emergencies she will contact you with as much notice as possible.

Support for Private Yoga Clients

Support between sessions is essential and available via email. Emails are answered periodically throughout the business day and can take up to 24 hours for response during a normal business week. Please note on weekends and days off, email communication is limited.

Pricing & Payments for Private Lessons

Pricing is set by an hourly session rate. Rates available upon request with discounts available for packages. Concessions are available for those with a genuine need. I will supply private yoga rates upon request. If agreed in advance, payment can be on a session-by-session basis or discounts can be purchased and scheduled as a bundle package. Sessions are online via Zoom, or can be in your home unless an alternative venue is agreed. Male participants (unless already known to me) will be asked to attend yoga sessions in a public studio / venue. Payment must be made in advance of the session to confirm your booking, and bank details will be provided upon request.

Travel costs for Private Lessons

If I need to travel to you for private session, we will agree costs in advance.

Gift certificates

Gift certificates are available for a single session or a bundle session package. Gift certificates expire one year from purchase date and are non-refundable. Purchaser will receive an electronic gift certificate for their chosen recipient. Recipient will make appointment with Louise Rogers Yoga.