



Terms & Conditions

Please read the Terms & Conditions below before taking part in any service provided by Katie J Yoga. By paying and attending a service by Katie J Yoga, you thereby agree to the Terms and Conditions listed below. If you would like to discuss anything prior to booking please contact me either via email (info@katiejyoga.com) or mobile (07525174584).

Liability/ Student Waiver Agreement

You understand that yoga includes physical movements as well as an opportunity for relaxation, stress re-education and relief of muscular tension. As is the case with any physical activity, the risk of injury, even serious or disabling, is always present and cannot be entirely eliminated. If you experience any pain or discomfort, listen to your body, adjust the posture or gently move out of the position. Continue to breathe smoothly.

Yoga is not a substitute for medical attention, examination, diagnosis or treatment. Yoga is not recommended and is not safe under certain medical conditions. Katie J Yoga recommends that you consult your GP regarding the suitability of undertaking a yoga class, and follow all safety instructions required before beginning exercise.

If you engage in a yoga class you do so at your own risk and are alone responsible to decide whether to practice. You hereby agree to irrevocably release and waive any claims that you have now or hereafter may have against Katie J Yoga.

Injuries/ Medical Conditions

If you have any pre-existing injuries or medical conditions please notify me by email before the class (info@katiejyoga.com), if you do not have the opportunity to do so, please join the live class early and let me know then. If you would prefer to call me to discuss my number is 07525174584. If you are taking part in a pre-recorded video and have any concerns, please call or email me to discuss before taking part in the video. Please ensure you have had sign off from a Doctor before taking part in a class, I can assist with modification suggestions only once you've had clearance to practice yoga from a medical professional.

My yoga classes are not suitable for pregnant women, once you've had your baby and the doctor has said you can participate in exercise I would be happy for you to join a class.

Age

My yoga classes are designed for adults, not suitable for those under the age of 18.

Booking on Behalf of Others

If you are booking for others, please ensure all those in your booking understand and agree to the terms and conditions listed above before they join the class.