



Inspiring Energy Yoga Class Disclaimer

This class is an intermediate level and suitable for all fitness levels.

To take part in this class you will need a yoga mat (or something similar), a towel and some water to hand to make sure you stay hydrated.

You are about to take part in a class which will be live streamed to a restricted number of participants. During the class, you (or anyone else who comes into the frame, including children) may be visible to other participants. *Please switch off your video if you do not wish to be seen by other participants or may be disturbed during the class by other people.*

IMPORTANT NOTICE

Although there are tremendous benefits to overall health and wellbeing, yoga can be physically challenging and carries with it risks that cannot entirely be eliminated. These include the risk of personal injury, or the exacerbation of existing injuries or conditions, or damage to property around you during your participation.

Please note that although you may appear on video link during the live stream of the class, the instructor may not be able to see you clearly or instruct you individually as is possible in a face to face teaching scenario. You can help by checking lighting and where you place your mat.

Participant Rules:

- *Please follow the British Wheel of Yoga “Student Guidance – remote sessions” guidelines document.*
- *You must act responsibly and sensibly at all times.*
- *You must not participate if you are recovering from surgery or under the influence of alcohol or non-prescription drugs.*
- *Neither your teacher nor the British Wheel of Yoga are qualified to express an opinion that you are fit to safely participate in any British Wheel of Yoga organised sessions or any British Wheel of Yoga trained teacher’s yoga classes. You must obtain professional or specialist advice from your doctor before participating if you are in any doubt.*

- *Clear enough space to safely carry out the exercises without hitting items around you.*
- *Check that the device you are using is securely positioned and will not interfere with your movement.*
- *Listen to your body. Follow any safety instructions or suitable modifications or adjustments to the exercise as instructed.*

Disclaimer

I confirm that I take responsibility for my own health and safety whilst participating in the yoga class, whether face to face or remote.

I also understand that it is my responsibility to:

- check with my doctor if I have any difficulties or concerns about my ability to participate in the yoga class
- advise the yoga tutor of any change in my medical information or ability to participate in the yoga class
- follow the advice given by my doctor and/or yoga tutor
- remain on screen when participating in a remote yoga session

I understand that for any periods of time throughout a remote session during which I move off screen or are outside of the teacher's view, whether intentionally or not; no liability will arise on the part of the teacher.

I consent for the teacher to record the session for those unable to attend the streamed version.