

## **Armstrong Health and Wellness Terms and Conditions**

When you tick the box that says 'I agree to the terms and conditions', you are agreeing to the waiver of liability below:

1. I understand that yoga includes physical movements as well as an opportunity for relaxation, stress reduction 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 I experience any pain or discomfort, I will listen to my body, adjust the posture and ask for support from the teacher. I will continue to breathe smoothly.
2. I acknowledge that my participation in the yoga class is voluntary and that I am ultimately responsible for my own experience, well-being, comfort and safety throughout the activity. I am aware that these learning activities may feel challenging for me, and I accept the responsibility to modify them as needed, and to monitor my own well-being, health and safety. I accept responsibility to decide whether to follow invitations, to modify them, or to opt out of practices based upon my needs.
3. If I am pregnant I understand that I participate fully at my own risk and that of my unborn child/children.
4. Armstrong Health and Wellness does not accept responsibility for students who do not follow the class instructions as provided by the instructor. Any medical or physical conditions, recent or persistent injuries, or relevant disclosures must be made by students to the teacher prior to the beginning of each class. Do not rely on the instructor to remember this information the next time you attend a class. Prior to, during or after class, it is the responsibility of students to inform the instructor if they are experiencing any pain or discomfort.
5. In further consideration of being permitted to participate in the yoga classes, I knowingly, voluntarily and expressly waive any claim I may have against Armstrong Health and Wellness for injury or damages that I may sustain as a result of participating in these programmes.
6. I understand that from time to time during yoga classes, the instructor may physically adjust students' form and posture (subject to COVID 19 restrictions). If I do not want such physical adjustments, I will so inform the instructor at each class I attend. I also acknowledge that if I do wish to receive such adjustments, it is my responsibility to inform the instructor when an adjustment has gone as far as I desire at that time.

7. Armstrong Health and Wellness reserves the right to change the terms & conditions as well as prices at any time. Significant changes will be indicated by notice on this website.
  
8. If you have any questions about these terms and conditions, please contact me: [hello@armstronghealthandwellness.org](mailto:hello@armstronghealthandwellness.org)