

TERMS AND CONDITIONS

Please read and fully understand the below statement before continuing with your purchase.

Please note: Some yoga classes maybe recorded for training purposes and personal development ONLY and you will be notified of this prior to the class.

Yoga is for everyone.

However, when online or in classroom based yoga it is up to the individual to assess whether they are ready for the class that they have chosen.

Obviously, if you suffer from specific injuries or disease it is best to consult with your physician first. Similarly if you are pregnant, follow the recommended practice only.

If you think you may be pregnant, let the teacher know ahead of the class starting and if you are menstruating remember to avoid inversions, closed twists and pushing yourself at all.

If you are new to yoga, please watch the practices demonstrated first, before doing them physically.

When joining any class live, it is your responsibility to let the teacher know of any health conditions or injuries you may have. Please always listen to your body and do not force any movement. Let the teacher know by email or text, if you prefer to not speak during the live class. Make sure you complete and send back the Medical Questionnaire form you have been asked to complete prior to the class. Please seek proper medical advice and consult your physician before beginning any new exercise program.

If you have been told on health or medical grounds that you should not take part in physical activity and sport, then you won't be able to join in with this exercise/fitness session.

The practice of yoga asanas requires you – the practitioner – to gauge the safety of your practice within your personal physical limitations. It is better to build up slowly than to force and strain.

Please do not share sensitive or personal information within the group chat that you are not willing to share publicly. Any information shared within the public group chat will be treated as public information, although we will not share your information to anyone for any purpose other than ensuring your safe practice of yoga. If you need pass information to your instructor and you prefer to keep this private, message them privately, and your information will be kept secure and private.

One Soul Yoga, Yoga with Andrea - www.onesoulyoga.co.uk assumes no responsibility for injuries suffered while practicing these techniques.

Yoga It is not intended and should not be used as guidance for the treatment of serious health problems; please refer to a medical professional if you have concerns about any aspect of your condition or fitness level.

We understand that plans change and you may need to cancel a yoga class. This is no problem at all and we ask for 24 HOURS minimum notice period should you need to do this for weekly classes.

Courses and Workshops - Payment is only refundable 7 days before the event.

Retreat -Payment is only refundable 14 days before the event.

Should you prefer a refund back onto your card then this is no problem, please email your request to andrea@onesoulyoga.co.uk or call 07772 714807.

We hope you enjoy your yoga experience 🙏