

Terms and Conditions for Soul Spring Yoga

1. Introduction

By booking a class or workshop with us, you agree to the following terms and conditions. Please read them carefully to ensure that you understand your rights and responsibilities.

2. Booking and Payment

- **Class Booking:** All class bookings must be made in advance through our website, or by contacting Amy directly via email soulspringyogauk@gmail.com.
- **Payment:** Payment is required at the time of booking unless otherwise stated, via the online booking system.
- **Refunds & Cancellations:**
 - Cancellations must be made at least 12 hours before the scheduled class event, so that your space can be offered to someone else if you are no longer able to attend.
 - No refunds will be issued for cancellations. You are able to transfer your booking to another class, if you cancel within the 12 hour time frame.
 - If you do not attend a class you have booked, you will not be refunded or credited for that session.

3. Classes & Workshops

- **Class Schedule:** We reserve the right to modify the class schedule at any time. All changes will be communicated to registered participants as soon as possible.
- **Eligibility:** You must be at least 18 to participate in our yoga classes. Some classes may have additional age or experience requirements, which will be listed at the time of booking.
- **Health & Safety:** By participating in our classes, you confirm that you are in good physical health and have no medical conditions that would prevent you from taking part. You agree that you have not been advised by a medical professional to avoid exercise. If you have any health

concerns or injuries, please notify your instructor before class begins, and consult your GP to assess the suitability of the class to your health.

- **Personal Responsibility:** You agree to take full responsibility for your actions during the classes and workshops. You are encouraged to practice within your own limits and consult with a medical professional if necessary.

5. Code of Conduct

- **Respect & Inclusivity:** We foster a supportive, inclusive, and non-judgmental environment. Disrespectful or disruptive behavior will not be tolerated.
- **Attire:** Appropriate athletic wear should be worn during class. We recommend comfortable clothing that you are comfortable to move in.
- **Equipment:** You are responsible for bringing your own yoga mat and any other necessary equipment. You may also wish to bring a blanket and any other props to support you through your yoga practice.

6. Privacy & Data Protection

- **Personal Information:** We respect your privacy and handle your personal data in accordance with relevant data protection laws. Your information will only be used for booking, communication, and marketing purposes.
- Please see our privacy policy for further information.

7. Liability Waiver

Health Disclaimer for Yoga Classes

By participating in any yoga class or workshop with Amy Turner (Soul Spring Yoga) you acknowledge and agree to the following:

1. **Physical Health:** You understand that yoga involves physical movement, stretching, and breathwork, which may place physical demands on your body. You confirm that you are in good physical health and capable of engaging in physical exercise. If you are unsure, it is recommended that you consult with your GP, before participating.
2. **Pre-existing Conditions:** You agree to inform the instructor of any pre-existing medical conditions, injuries, or health concerns (including but not limited to joint issues, heart conditions, pregnancy, or neurological

conditions) before participating in the class. It is your responsibility to seek approval from your doctor if you have any health conditions that may affect your ability to participate safely.

3. **Personal Responsibility:** You understand that participating in yoga is at your own risk. You are responsible for practicing within your own limits and modifying the poses as needed. You should listen to your body and stop any movement that causes discomfort or pain. If you feel unwell at any point during the class, you should immediately notify the instructor and discontinue participation.
4. **Waiver of Liability:** Amy Turner (Soul Spring Yoga) are not liable for any injury, loss, or damage to you or your property that occurs during or as a result of participating in any yoga class or workshop. By attending the class, you waive any claims against Amy Turner (Soul Spring Yoga) for injuries or accidents that may occur.
5. **Pregnancy:** If you are pregnant or planning to become pregnant, please notify your instructor before attending the class. **Currently our classes are not suitable for people who are pregnant.**

By attending and participating in our yoga classes, you confirm that you have read, understood, and agree to this health disclaimer.

- **Insurance:** We hold appropriate liability insurance to cover any accidents or injuries that may occur within the scope of our services. Please note, that Amy Turner is a Physiotherapist and Yoga Teacher. During Yoga classes Amy is acting as a Yoga Teacher and not a Physiotherapist. Therefore no personalised Physiotherapy assessment, treatment or advice will be carried out.

8. Modifications to Terms & Conditions

We reserve the right to update or modify these terms and conditions at any time. Any changes will be posted on our website, and we will notify you of significant updates.

9. Contact Information

If you have any questions about these terms and conditions, please contact us at:

Amy Turner

Soul Spring Yoga Terms and Conditions

Soul Spring Yoga

soulspringyogauk@gmail.com