

Disclaimer Policy - The Thrive Tribe

Thank you for visiting The Thrive Tribe, your trusted destination for fitness and yoga services. Before you proceed, please read and understand the following disclaimer policy:

1. **Health Disclaimer**: Our fitness and yoga classes, programs, and services are designed for individuals of varying fitness levels. However, it is important to consult with a healthcare professional before starting any new fitness regimen, especially if you have any pre-existing medical conditions or concerns.
2. **Individual Results May Vary**: Results from participating in our fitness and yoga programs may vary from person to person. We cannot guarantee specific results as they depend on various factors including but not limited to individual effort, commitment, genetics, and adherence to the program.
3. **Assumption of Risk**: By participating in our fitness and yoga classes, workshops, or programs, you acknowledge and accept the inherent risks associated with physical activity. You agree to assume full responsibility for any injuries or damages that may occur during or as a result of your participation.
4. **Instructor Qualifications**: While our instructors are highly trained and certified professionals, it is important to understand that they are not licensed medical professionals. Any information provided by our instructors should not be considered a substitute for professional medical advice, diagnosis, or treatment.
5. **Physical Limitations**: It is your responsibility to inform our instructors of any physical limitations, injuries, or medical conditions before participating in our classes or programs. Our instructors will do their best to provide modifications and alternatives, but it is ultimately your responsibility to listen to your body and make decisions that are appropriate for your individual needs.
6. **Liability Waiver**: By participating in our fitness and yoga classes, workshops, or programs, you hereby release [Business Name], its owners, instructors, employees, and affiliates from any liability for injuries, damages, or losses that may occur as a result of your participation, except in cases of gross negligence or willful misconduct.
7. **Modification of Terms**: [Business Name] reserves the right to modify or update this disclaimer policy at any time without prior notice. It is your responsibility to review this policy periodically for any changes.

By continuing to use our services, you acknowledge that you have read, understood, and agreed to the terms and conditions outlined in this disclaimer policy. If you have any questions or concerns, please don't hesitate to contact us at Info@thethrivetribe.co.uk