**Yoga Spirit & Strength**

**Terms & Conditions**

**Welcome**

Yoga Spirit & Strength is an Online Yoga Studio running Livestreamed Hatha & Flow Yoga Classes, Courses and Private Sessions. Yoga Spirit & Strength also provide In Person classes & Private sessions in and around Preston & the Fylde Coast (Covid restrictions dependending) Please note that by booking onto a session you are agreeing to the following terms & conditions.

**Health & Contact Form**

All students must complete my on-line health & contact form prior to their first lesson. This can be accessed via my website [www.yogaspiritandstrength.co.uk/contact.html](http://www.yogaspiritandstrength.co.uk/contact.html)

If you have any health conditions and are unsure whether it is safe to practice, please consult your doctor / specialist for advice, before taking part in any sessions.

If there are any changes to your health information after completing this form, please inform me before taking part in any further classes.

**Class Bookings & Payments**

**All classes must be booked and paid for on line prior to attending**

**Types of sessions**

* Zoom classes can be purchased either individually on a drop-in basis (1 class pass) or in a block of 4 consecutive weeks (4-week block booking).
* In Person & Zoom Courses run in 6-week or 3 week blocks and can only be purchased in this way (no drop in available).
* Zoom & In Person Private sessions can be purchased individually or in a block.

**Purchasing sessions**

* Individual Zoom class passes must be purchased up to 1 hour before.
* 4-week Zoom class passes must be purchased before the start of the block and up to 1 hour before.
* In Person & Zoom Courses and Private sessions must be purchased at least 1 day before the start of the course/session

**Accessing Zoom sessions**

* Upon purchase of a session, you will receive an email confirming your booking.
* An additional email with the Zoom link to access your session will be sent out 30 minutes prior to the session starting.
* It is your responsibility to make sure you have received the Zoom link email and to contact me directly if there is a problem.

**Attending In Person Classes**

If you have any symptoms associated with COVID-19 or have been in contact with anyone who has please do not attend any sessions at the centre for at least 14 days, thank you

* All sessions will be taking place at Great Eccleston Village Centre which will be operating strict Covid secure measures to keep everyone safe, including temperature checks upon arrival and cleaning, sanitising & airing the room in between each use.
* When attending the centre please enter the building one at a time, wear a face mask upon entering, leaving and moving around the building, sanitise your hands upon arriving & follow the one way system.
* Please also remember to scan the QR code in reception for NHS track & trace and/or make sure you have supplied me with your current email and telephone number.
* There will be a limit of 8 people per session so mats can be positioned with a safe 2 meter gap from the centre of each mat. Please place your mat in one of the spaces provided and keep all your belongings with you. Once settled you can then remove your mask.
* Please ensure you bring your own yoga mat, blanket, cushion/block and water as I am unable to provide you with any equipment for health & safety reasons. Please wear loose, stretchy or sport clothing that you can move easily in and bring a jumper/sweatshirt and socks to keep warm during relaxation.

**Cancellations & Refunds**

All classes & courses are non-refundable or transferable, due to their discount and flexible booking options. However, if I have to cancel a session for any reason then either a full refund or option to transfer will be given.

If you purchase a private session and are unable to attend a refund will not be given, but you can transfer to another time providing you give 24 hours’ notice, otherwise you will still be charged as normal.

**Under 18 Policy**

Teenagers under 18 can attend Live Online & In Person sessions, but only with a parent or guardian present. A health form needs to be filled in and signed on behalf of the child by the parent or guardian.

**Health & Safety Disclaimer**

**Online sessions**

Please note that when taking part in a live yoga class on line at home it is your responsibility to make sure you are practicing in a safe and suitable environment, and that taking part in these sessions is entirely at your own risk.

Please bear in mind that in live online yoga sessions, your teacher may not be able to see you at all times, so only take your practice to where is right for you.

**In Person & Online sessions**

Please make sure you follow the teacher’s safety instructions e.g. modifications for certain conditions, and listen to your body at all times. If at any point you find a movement too difficult or experience any discomfort, please do not continue with the movement and inform your teacher.

**Privacy Policy**

Yoga Spirit & Strength take your privacy very seriously and will never share your information with anyone else. Yoga Spirit & Strength will only use and store your personal information to administer your account and provide you with the products and services you have requested. To learn more please see Yoga Spirit & Strength’s full privacy policy [here.](http://yogaspiritandstrength.co.uk/Forms/Privacy%20Policy%20May%202018.docx)