

Yoga for HOPE – Online Class Disclaimer

This online yoga class is open to all levels unless otherwise specified in the class description. Classes are delivered via live stream and include a limited number of participants.

Visibility and Recording

During the session, your video feed (including any individuals who may come into view such as children or other household members) may be visible to other participants. If you prefer not to be seen or anticipate disturbances, please switch off your video before the class begins.

If a class is to be recorded, you will be clearly notified in advance. Only the teacher's screen will be recorded. However, please ensure your microphone remains muted throughout, as any unmuted audio may be captured.

Important Health & Safety Notice

While yoga has many benefits for health and wellbeing, it can be physically demanding and carries inherent risks that cannot be entirely eliminated. These risks may include, but are not limited to:

- Personal injury
- Aggravation of pre-existing medical conditions or injuries
- Damage to property during participation

Please note that while your instructor may see you via video, they may not be able to provide individual guidance or correction as they would in an in-person setting.

It is **your responsibility** to inform the instructor of any physical conditions or injuries that may impact your practice. You may do this privately via Zoom's chat function before the session starts.

Participant Responsibilities

By taking part in this class, you agree to:

- Take full responsibility for your own safety and wellbeing.
- Participate only if you are fit and well enough to do so.
- Refrain from taking part if you are under the influence of alcohol or non-prescription drugs.
- Seek medical or professional advice before participating if you are unsure about your physical ability or have any health concerns.
- Ensure you have a safe space for practice, free of obstructions, and that your device is securely positioned.
- Follow all instructions carefully, modify movements as advised, and listen to your body.
- Stop immediately if you feel pain, discomfort, dizziness, or if the movements become too challenging.

Liability Waiver

By accessing and participating in this class, you acknowledge and accept that:

- You are solely responsible for your health, safety, and wellbeing during the session.
- The instructor and the organisers (including HOPE and any affiliated partners) are not liable for any injury, loss, or damage you may suffer in connection with your participation, except where caused by proven negligence.
- You take part in this yoga class **entirely at your own risk**.

By joining the session, you confirm that you have read, understood, and agree to the terms of this disclaimer.