Terms & Conditions

Please read the Terms & Conditions below before taking part in any service provided by Katie J Yoga. By attending a service by Katie J Yoga, you thereby agree to the Terms and Conditions listed below. If you would like to discuss anything prior to class please contact me: info@katiejyoga.com.

Liability/ Student Waiver Agreement
You understand that yoga includes physical movements as well as an opportunity for relaxation, stress re-education and relief of muscular tension. As is the case with any physical activity, the risk of injury, even serious or disabling, is always present and cannot be entirely eliminated. If you experience any pain or discomfort, listen to your body, adjust the posture or gently move out of the position. Continue to breathe smoothly.

Yoga is not a substitute for medical attention, examination, diagnosis or treatment. Yoga is not recommended and is not safe under certain medical conditions. Katie J Yoga recommends that you consult your GP regarding the suitability of undertaking a yoga class, and follow all safety instructions required before beginning exercise.

If you engage in a yoga class you do so at your own risk and are alone responsible to decide whether to take part. You hereby agree to irrevocably release and waive any claims that you have now or hereafter may have against Katie J Yoga.

Injuries/ Medical Conditions
If you have any pre–existing injuries or medical conditions please notify me by email before the class (info@katiejyoga.com). Please ensure you have had sign off from a
Doctor before taking part in a class, I can assist with modification suggestions only once you’ve had clearance to practice yoga from a medical professional.

My yoga classes are not suitable for pregnant women, once you’ve had your baby and the doctor has said you can participate in exercise I would be happy for you to join a class.

Age
My yoga classes are designed for adults, not suitable for those under the age of 18.