

Liability Waiver Agreement & Payment Policy

Enjoy your time with Fabulous Flow Yoga Worcester Park. A truly magical and healing blend of Body, Movement and Spirit. I am delighted to have you as a yoga, dance or movement student. The following information will help you get the most out of your sessions and clarify our instructor/student relationship.

A unique feature of classes with Tanya is the priority placed on consistency of practice, this allows for continuity for personal progression, even within a group setting. This means everyone gets the opportunity for a progressive session.

I believe that Yoga is more than physical exercise. It is a transformative practice that integrates body, mind and emotional tensions to arrive at deeper levels of relaxation and awareness. Self Awareness is fundamental to the practice of Yoga. Prioritising time for your health, wellbeing, growth and healing, benefits you, and those who rely upon you. Start with you, then honouring others is easier.

All exercise programs involve a risk of injury. By choosing to participate in the yoga (dance or movement) sessions, you voluntarily assume a certain risk of injury. By clicking 'Register' you are in agreement with the below terms and conditions of Fabulous Flow, Yoga Worcester Park.

LIABILITY WAIVER AGREEMENT

I 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 I experience any pain or discomfort, I will listen to my body, discontinue the activity, and ask for support from the instructor. I will continue to breathe smoothly. I assume full responsibility for any and all damages, which may incur through participation. Yoga is not a substitute for medical attention, examination, diagnosis or treatment. Yoga is not recommended and is not safe under certain medical conditions. By agreeing, I affirm that I am in good health and physical condition to participate in such a fitness program. In addition, I will make the instructor aware of any medical conditions or physical limitations before class. If I am pregnant, become pregnant or I am post-natal or post-surgical, I affirm that I have my physician's approval to participate. I also affirm that I alone am responsible to decide whether to practice yoga and participation is at my own risk. I also acknowledge that photography may be taken (with notice) to be used for promotional marketing for Tanya Greig and Fabulous Flow, Yoga Worcester Park. I hereby agree to irrevocably release and waive any claims that I have now or may have hereafter against Tanya Greig, Fabulous Flow, Yoga Worcester Park and it's instructors.

I have read and fully understand and agree to the above terms of this Liability Waiver Agreement. I am validating this agreement voluntarily and recognise that my affirmation serves as a complete and unconditional release of all liability to the greatest extent allowed by law in the United Kingdom.

PAYMENT & CANCELLATION POLICY

Advanced payment & registration is required for all our classes, courses, cycles, workshops and private tuition. Payments can be made via online bank transfer or cash in advance, by prior arrangement. Once you have booked or committed to a class/course/cycle/workshop/private tuition, it is your responsibility to attend the scheduled number of sessions on the arranged times, dates and locations. All class/course/cycle/workshop/private tuition fees are non refundable and non transferable. As a courtesy to Tanya and the other clients, we request a 7 day cancellation policy for any session. If you cancel a single 'private tuition' session within 24 hours of the appointment your session will be forfeit. A minimum of 24 hours is required to reschedule a private tuition appointment. If you are unable to make the session, please cancel via the online schedule, or by telephone or email, so that other clients on a waiting list have the opportunity to fill your session. Any class cancelled by Tanya, will be credited back to you. Upon registration, you will receive a confirmation sent to the email provided. If you do not receive this email, please contact Tanya Greig.

PRICES

YOGA CYCLES are £45 per 4 week cycle, when booked & paid in advance.

YOGA CYCLES are £48 per 4 week cycle, when booked & paid on the day.

SINGLE CLASS are £15 pp/per session

PRIVATE TUITION (1 TO 1): £265 4 x 60 min sessions (travel & studio expenses may be additional)

BOUTIQUE PRIVATE TUITION (Small groups maximum 7): £360 4 x 60 min session (travel & studio expenses additional)

All prices, policies and working hours are subject to change without incurring any liability. At all times we aim to give you as much notice as possible for any changes. No less than 24 hours, notice will be given by email, for a change to pricing or schedule. Notice will be given by written email and/or announcement in class, to those students registered with a current, confirmed, valid booking who may be directly affected. Any change in price will not affect a booking paid for, in full, in advance. Minimum numbers are required for any classes, courses, cycles or workshops to run.