



## Terms of Service for Mind & Movement Yoga Courses & Workshops

Updated: January 2025

### Booking on to a course or workshop

I will ask you to complete a health questionnaire and send payment before the course starts. In some (rare) circumstances, after reviewing your completed health questionnaire, I may decide that the course is not appropriate for you. For instance, if I did not have the skills or experience needed to safely modify the yoga practice to meet your needs. If this happened, I would let you know and do my best to suggest an alternative yoga teacher.

Your place on the course/ workshop is guaranteed when payment is received.

### Cancellation policy

If your circumstances change and you need to cancel your booking on a course/ workshop, please let me know as soon as possible so that I can offer your place to someone else.

Please know that if you cancel less than 7 days before your **course** starts no refund will be possible. If you cancel more than 7 days before the course starts you will receive a refund.

If you need to cancel your place on a **workshop**, if you cancel less than 3 days before the workshop no refund will be possible. If you cancel more than 3 days before the workshop you will receive a refund.

If you miss any lessons within a course for any reason, you will not be eligible for a refund. If I need to cancel a lesson I will let you know as soon as possible. You will then receive a refund for that lesson. For instance, if you sign up to an eight-week course and I need to cancel a lesson, you will receive a refund equivalent to an eighth of the total cost of the course.

### Managing risk

Yoga has wonderful benefits for our physical and mental wellbeing however, it is important to acknowledge that there is risk associated with any activity. For this reason it is important for you to know and agree to the following:

- It is your responsibility to check with your healthcare provider about how any health conditions or concerns could affect your yoga practice.
- Completion of the health questionnaire is no substitute for talking to your medical practitioner. By participating in the yoga lessons you agree that you are physically and mentally able to practice yoga and that Mary King is not responsible or liable for any personal injury or accident.
- I will do my best to offer you options which I think will meet your needs, however it is important that you be guided by your own judgement. If it triggers discomfort, pain or it just does not feel right – do not do it.
- Personal belongings that you bring into yoga classes are your responsibility. Mind & Movement Yoga does not accept liability for any loss or damage to your personal belongings.

### **Privacy policy**

Click here for the privacy policy: <https://mindandmovementyoga.co.uk/privacy-policy/>

### **Contact details**

If you have any questions, please send an e-mail to: [mary.with.yoga@gmail.com](mailto:mary.with.yoga@gmail.com)

**Thankyou!**