



## CALM HEART YOGA

### *TERMS AND CONDITIONS*

Be assured that all possible care will be taken by Sally MacGowan at Calm Heart Yoga for your well-being during the class. However, it is up to you to accept full responsibility for yourself once you enter a studio class or online class for a yoga session. The guidance given throughout each class is on general lines only. It is up to you to adjust your practice according to your individual limitations, to make sure no injuries occur. You must stop if you experience pain in any joints whilst in the pose, and stop if you are fatigued, dizzy, nauseous or experience pins and needles.

**Private Yoga sessions are available by appointment. These sessions offer ways to work with specific issues.**

#### *Class Passes*

- Class passes have expiry dates. Please check the terms and conditions of the passes when you purchase them
- Class passes can be used for both in studio classes and online zoom classes.
- You must pre-book your attendance to any Calm Heart Yoga classes using the online booking system available on our website or mobile app.
- You can cancel or reschedule a booking up to 2 hours prior to your class start time, via the website or the mobile app. If you do not cancel or reschedule your booking within this timeframe or you fail to attend, you will forfeit that visit.
- Cancellations will not be accepted via email, phone or social media.
- No refunds, transfers, suspensions or extensions are offered on unused portions of the 10 Class Pass due to illness, injury, change of address or any other reason. All purchases are final.
- Payment needs to be made upon booking. To book into a class you must either have credits in your account or pay at the time of booking.

#### *Live Zoom Classes*

- Live Zoom classes start promptly
- Please log in 5 minutes prior, to arrange your device & prepare yourself for the session.
- Please let your teacher know of any physical restrictions you may have.
- It is the students' responsibility to ensure a stable internet connection.
- If you personally cannot make the live online Zoom session, then please cancel or reschedule the class to a later date, at least 2 hours prior to your class start time, to avoid forfeiting the class.

### *General terms*

- Classes are subject to change or cancellation without notice.
- Teachers are subject to change without notice.
- Calm Heart Yoga is not liable to refund, transfer or offer compensation of any kind for classes that are late, changed or cancelled for any reason.
- Calm Heart Yoga is not responsible for the safekeeping of your belongings. Please leave valuables at home.
- Classes at Calm Heart Yoga may be physically strenuous and you voluntarily participate in them with full knowledge that there is risk of personal injury, property loss or death. Calm Heart Yoga is in no way liable for any injury, loss of property or death resulting from attending our studio.
- Calm Heart Yoga reserves the right to refuse entry to, or eject you from our premises in the event that you are behaving in an anti-social, intoxicated, disorderly, aggressive, offensive or dangerous manner or in any manner which impacts the security of our students or other people at the studio.

### *Pricing*

- All prices, products and offers include GST.
- All prices are correct at the time of online publication.
- Prices may increase from time to time. Notice of any such increase will be provided on our website and by email to existing students.