



## Terms & Conditions

### Guidelines for attending a Studio Class in person

- Please do not arrive more than five minutes before start of the class
- Please enter and leave the studio in a single file
- Please use the hand sanitiser on arrival and exit from the studio
- Please bring your own mat and any props that you would like to use
- Mats will be spaced two metres apart. There is tape on the floor to indicate mat locations
- Arrive wearing appropriate yoga clothing and with minimal personal belongings. You will need to keep your belongings next to you during the class
- Please observe social distancing guidelines and stay the required distance from other participants
- Hands on adjustments will not be offered during the class
- Note that your contact details will be held for track and trace purposes

### Guidelines for attending an online class

- You will be sent a zoom link for the class
- Please note that your sound will be muted throughout the class, please ensure you remain muted for the duration of the class
- You can mute your video if you prefer but please note that the teacher will not be able to see you participating in the class
- Please behave respectfully as you would an in-person class

## Terms & Conditions

*By clicking to "Book" a class, you agree to the following:*

If attending a class in person, I confirm I have no signs or symptoms of Covid-19 nor have I been in contact with someone who has symptoms or has been diagnosed with Covid-19.

I confirm that if I develop Covid-19 symptoms following attendance at a CK Yoga class, or if a member of my household or a close contact develops symptoms, I will immediately inform CK Yoga to enable appropriate measures to be put in place and contact tracing to commence.

I acknowledge that if I am attending a class in person, my details will be held for track and trace purposes.

I understand there is a risk associated with any exercise program including my voluntary participation in yoga in person or online (zoom) that may result in injury.

I understand that I may receive group postural alignment advice during class. I will take responsibility for knowing my own limitations and decide if these directions are good for me, individually. I also understand that on Zoom/online the teacher cannot watch me closely the same way a teacher can in a studio class and I take responsibility for my movement choices.

I acknowledge that I have been given permission from my doctor to participate in a yoga class, or that I have decided to participate in a yoga class voluntarily and without the approval of my doctor and do hereby assume all responsibility for my participation in any yoga activity associated with CK Yoga.



I agree to follow any instructions or directions given by CK Yoga. I understand that CK Yoga reserves the right to ask me to leave and to remove me from a class, without any refund, if I do not follow any instructions or directions given by CK Yoga or if I am disrespectful to the teacher or to fellow attendees of the class.

I certify that I am physically well and have no medical problems, conditions, impairments, diseases, or any other illness or injury that would prevent my participation or increase my risk of injury and/or illness as a result of participating in a yoga class with CK Yoga.

I release CK Yoga from any and all liability and responsibility from injury, accident, illness, death, legal and medical fees sustained now or in the future resulting from my participation in a CK Yoga class.

I agree to indemnify CK Yoga against all claims, causes of action, damages, judgments, costs or expenses, including legal fees, which may in any way arise from my participation in a CK Yoga class.

I agree that CK Yoga is in no way responsible for the loss or damage of any of my belongings while I attend a class.

I acknowledge that once I have booked and paid for a class, no refund or class swap can be made.

I acknowledge that I will be added to the mailing list for CK Yoga classes and can unsubscribe at any time.