



## The Body & Mind Place

### Liability Waiver

I hereby agree to the following:

1. That I am participating in the Yoga classes or any other exercise programmes offered by The Body & Mind Place Limited during which I will receive information and instruction about yoga, meditation or health and wellbeing. I recognize that exercise requires physical exertion, which may be strenuous and may cause physical injury, and I am fully aware of the risks and hazards involved.
2. I understand that it is my responsibility to consult a physician or GP prior to and regarding my participation in the yoga classes, health programs or workshops offered by my instructor or substitute teacher. I represent and warrant that I am physically fit and I have no medical condition, which would prevent my full participation in these yoga classes, health programmes or workshops.
3. If I am pregnant I understand that I participate fully at my own risk and that of my unborn child/children.
4. In consideration of being permitted to participate in the yoga classes, meditation, health and wellbeing programmes, workshops or events, I agree to assume full responsibility for any risks, injuries or damages, known or unknown, which I might incur as a result of participating in the programmes offered by my instructor or substitute teacher.
5. In further consideration of being permitted to participate in the yoga classes, health programmes or workshops, I knowingly, voluntarily and expressly waive any claim I may have against my instructor or substitute teacher for injury or damages that I may sustain as a result of participating in these programmes.
6. I understand that from time to time during yoga classes, the instructor may physically adjust students' form and posture. If I do not want such physical adjustments, I will so inform the instructor at each class I attend. I also acknowledge that if I do wish to receive such adjustments, it is my responsibility to inform the instructor when an adjustment has gone as far as I desire at that time.

I hereby take full and sole responsibility from any liability of loss or damage to personal property associated with yoga classes, meditation, health and wellbeing programmes, workshops or events.

I also understand that my personal data will be stored in the USA on the MINDBODY Online Servers. All MINDBODY Online data for it's The Body and Mind Place platform are stored in the US, protected by the Privacy Shield that allows MINDBODY Online to store EU data on US soil with the GDPR.