

## **Waiver of Liability**

By booking any of the services offered at Feel Good Hub or by our team, you indicate that you agree to our waiver, as outlined below.

I agree to the following:

1. I acknowledge that participating in any of the offerings including classes, courses, and workshops at Feel Good Hub, may involve risk of injury to my person or property. I assume full responsibility for any risks or injuries resulting from such offerings. I voluntarily waive and release any claim I may have, of any kind, against any teacher or substitute teacher for injury or damages that may result from my participation.
2. I understand that it is solely my responsibility to seek the necessary advice, if I feel it is required, from a suitably trained health practitioner before participating in any class, course, workshop or related event provided at Feel Good Hub. I agree to follow all instructions so that I may participate safely in any class, course, workshop or related event. I, the undersigned, understand that Yoga / Pilates is not a substitute for medical attention, examination, diagnosis, or treatment.
3. I recognise that it is my responsibility to notify my teacher / substitute teacher of any illness or injury before every class, course, workshop or related event. I declare that I will not perform any postures to the extent of discomfort, strain or pain.
4. I declare myself to be in adequate physical and mental health to participate in all classes, courses, workshops and related events, and that I have no medical conditions which would prevent my participation.
5. I understand that Feel Good Hub provides equipment for use during classes, courses and workshops, and I agree to use this equipment responsibly and acknowledge that Feel Good Hub is not liable for any damage to personal property or injuries sustained following use of this equipment.
6. If I am pregnant, I understand that I have a full responsibility to inform the teacher prior to undertaking the class, workshop, course, or related event. This is important in order to ensure that it is safe for me to do so. I also understand, that I must do this to ensure the teacher or substitute teacher is in agreement with my participation. I fully understand that I participate in all classes, courses, workshops or related events at my own risk, and that of my unborn child/children. I voluntarily waive and release any claim I may have, of any kind, against any teacher or substitute teacher for injury or damages that may result from my participation.
7. I am aware that there may be times when my teacher or substitute teacher might physically adjust my technique or posture during class. This is to keep me safe and improve or enhance my practice. I understand that it is solely my responsibility to let my teacher or substitute teacher know if I do not wish to receive physical adjustments, and I understand that I must do this at each class that I attend. I understand that it is also my responsibility to communicate

with my teacher / substitute teacher during adjustments to let them know when an adjustment has gone as far as I desire at that present time.

8. I confirm that I understand that exercise, including those classes, courses and workshop offerings provided at Feel Good Hub requires physical exertion. I understand that this may be strenuous and could result in physical injury, illness or death and I confirm that I am aware of the potential hazards involved in taking part in the offerings at Feel Good Hub and that I participate entirely at my own risk.

9. If I (or anyone I am signing on behalf of), is planning to attend a class, course, workshop or related event, has any specific additional needs, which may impact the undertaking of the event, I understand that I am required to email ([info@hellofeelgoodhub.co.uk](mailto:info@hellofeelgoodhub.co.uk)) prior to the date. This is in order to ensure that the teacher / substitute teacher is aware and that we can safely accommodate these needs.

10. I understand that if I feel any discomfort or strain, I must gently come out of the posture. I understand that I may rest at any time, during any class, course, workshop or related event. It is important when practising Yoga / Pilates that you listen to your body, and respect its limits on any given day, and I acknowledge that resting is fully encouraged if required.

11. I understand that Feel Good Hub may sell tangible goods such as yoga mats, props, clothing, and accessories. I acknowledge that purchasing these goods is voluntary, and I release Feel Good Hub from any liability associated with the use of these goods.

After completing this form, with all details correct to my state of health and wellbeing, I declare myself, and myself only, to be responsible for my own health and safety while participating in all classes, courses workshops or related events at Feel Good Hub. My participation in this class, course or workshop is voluntary and taken solely at my own risk.

I accept that neither the teacher / substitute teacher, nor the hosting facility, is liable for any injury, or damages to person or property, resulting from the participation. I take full responsibility for any activity I participate in.

**Having read and understood the above, I hereby release respective owners and instructors from any liability, for any claims, demands, injuries, actions or cause of actions to my person or property arising out of, or connected with the use of any services, equipment or facilities provided by (name). I accept full responsibility for any activity I engage in, and I have carefully read with a full, definite and clear understanding the foregoing provisions and freely enter into the agreement of the waiver/ release.**

Signed .....

Date .....