

SARAH WILLIAMS YOGA

IN-PERSON CLASSES & EVENTS

You must not attend the class if you are unwell, experiencing symptoms or have been in contact with Covid-19.

Practice spaces will be well ventilated so please bring layers to keep you warm.

Hand sanitiser will be available in all venues and a risk assessment has been undertaken for each venue.

PROPS

Please bring your own mat and any props that you may need.

ZOOM LIVE STREAM CLASSES & EVENTS

You should receive the link to the Zoom meeting as soon as you have booked via email. You will need to download zoom before the class - give it a test beforehand.

If this is your first class with me then please drop me an email (sarah@sarahwilliamsyoga.com) and let me know if there is anything you may need help with. If you have specific health issues that may require modifications, please let me know in advance of the class.

I would love for you to have your cameras on so that I can see you but of course you are welcome to turn it off from your end especially if your Wi-Fi is a little dodgy. Please set your camera up to face the **long** edge of your mat so that I can see you both lying down and standing.

Below is the health and safety disclaimer. By booking a class you have agreed to having read the health and safety disclaimer.

If you book onto the class less than 30 minutes before the class I cannot guarantee that you will receive class link and information.

Please note that there are no refunds or exchanges for classes unless the class has a waitlist.

HEALTH AND SAFETY DISCLAIMER

You should always seek the advice of your physician or a qualified health professional before starting or changing any exercise program. This is particularly important if you are overweight, pregnant, nursing, regularly taking medications, or have a pre-existing medical condition. Never disregard professional medical advice or delay in seeking it because of something you have read on this Site.

The content both in-person and online is not intended to be a substitute for professional medical advice. The material on this site may not be suited to your health or fitness level. If you have any concerns about any exercises identified on this website or in any of the Material provided, do not do them and refrain until you have cleared it with your physician. Stop exercising and consult your physician if you feel faint or dizzy or if you experience any discomfort. You are responsible for exercising within your limits and seeking attention and advice as appropriate.

By using the Website, you agree that you understand that physical exercise involves strenuous physical movement, and that such activity carries the risk of injury whether physical or mental. You further understand that it is your responsibility to judge your physical and mental capabilities for such activities. Sarah Williams Yoga recommends that you should always select the appropriate level of classes for your level of fitness, as well as for any mental or physical conditions and/or limitations you have, such as any underlying medical condition.

You further understand that physical adjustments or the use of equipment might be suggested, and therefore it is your sole responsibility to determine if any such suggested adjustment or equipment is appropriate for your level of ability and physical and mental condition.

Please make sure you exercise in a large well-lit area that is free from obstacles and that you wear comfortable clothing that doesn't inhibit movement.

Sarah Williams Yoga is not responsible for any injuries you may experience as a result of your use of this Site and the Material contained hereon. By remaining on this Site and/or accessing and / or using any Material, you are accepting that you have read, understood and agreed to follow these basic instructions.