

Liabilty Waiver

In signing up to use the facilities at theLodge.space you are accepting personal liability for your own safety and are agreeing that you are fit and well enough to take part in physical exercise. Should you have any concerns about your wellness to attend please consult your Doctor. If you are taking any medication that may impact your ability to participate in class then please also consult your doctor beforehand.

Practicing yoga holds an abundance of benefits to overall health and wellbeing, however it can be physically challenging and can carry risks that cannot be entirely avoided. These risks include personal injury, or the exacerbation of existing injuries or conditions, or damage to property around you during your participation in the class. Always follow the safety instructions of each session, listen to your body, and modify where you need to. If any movement feels too difficult, too uncomfortable, or too physically challenging for you, please do not continue the movement or class. Always tune into your own physical experience and let this guide your choices throughout your practice.

By participating in our classes, you understand this produces a risk of injury and accept that you are solely responsible for any injuries sustained in the session. It is your responsibility to listen to your body and use this to inform your decisions. Your particpance accepts that you are fully aware of the risks involved. You accept that neither the instructor nor the facility is liable for any injury, or damages, to person or property resulting from the taking of the class.

You must advise the instructor at the beginning of each and every class of any injuries, illnesses or issues that may impact your ability to participate.

In classes you may receive physical assists or adjustments from the instructor to enhance and correct body posture, if this is something you are not comfortable with then please inform them beforehand. You understand that classes may be physically strenuous and you are voluntarily participating with the knowledge that there is a potential risk of accident, injury or death.

You must be at least 16 years of age to use the facilities of theLodge.space. Children may be present in the cafe area or specialist classes with parent supervision. In such classes children are the full responsibility of the parent or guardian.

It is strictly forbidden to take part in classes or treatments whilst under the influence of alcohol and recreational drugs.

In agreeing to the liability waiver you are also agreeing to our terms and conditions, personal privacy policy, cancellation policy and purchase policy (this can be found on our website www.thelodge.space)

Your agreement is legally and contractually binding with theLodge.space.