

Disclaimer for remote yoga classes: live streamed & recorded with Elaine Marie Ewens

This class is a mixed ability level and is suitable for most fitness levels.

The class is not suitable for those who are pregnant in the first trimester, or up to 3 months post pregnancy, or students under 18 years of age.

To take part in this class you will need a yoga mat (or something similar), a blanket and some water to hand to make sure you stay hydrated.

You are about to take part in a class which will be live streamed to a restricted number of participants. During the start and end of the class, you (or anyone else who comes into the frame, including children) may be visible to other participants. The teacher will spotlight her video during the main part of the class so only the teacher can view students, and students will only see the teacher.

A recording of the video might be made - you will be asked for your consent during the start of the Zoom class. You will be muted during the recording and your video will not be visible in the recording, only the teacher will be visible. If you wish to unmute and ask a question during the recording, your teacher will pause the recording until you have resumed a muted status to protect your privacy.

IMPORTANT NOTICE

Although there are tremendous benefits to overall health and wellbeing, yoga can be physically challenging and carries with it risks that cannot entirely be eliminated. These include the risk of personal injury, or the exacerbation of existing injuries or conditions, or damage to property around you during your participation. Please note that although you may appear on video link during the live stream of the class, the instructor may not be able to see you clearly or instruct you individually as is possible in a face to face teaching scenario.

Participant Rules:

- *Please follow the TSYP "Guidance for students - joining an online yoga class – remote sessions" guidelines document.*
https://www.tsyp.yoga/wp-content/uploads/2020/06/Guidance-for-students-for-an-online-class_August-2020.pdf
- *You must act responsibly and sensibly at all times.*
- *You must not participate if you are pregnant or up to 3 months post pregnancy or under the influence of alcohol or non-prescription drugs.*
- *Your teacher is not qualified to express an opinion that you are fit to safely participate in any organised sessions or any yoga classes. You must obtain professional or specialist advice from your doctor before participating if you are in any doubt.*
- *Clear enough space to safely carry out the exercises without hitting items around you.*
- *Check that the device you are using is securely positioned and will not interfere with your movement.*
- *Listen to your body. Follow any safety instructions or suitable modifications or adjustments to the exercise as instructed.*
- *Never continue with a class or a movement that is too difficult for your level of experience or ability, or if you feel any discomfort.*

In the absence of any negligence or other breach of duty by your teacher, participating in this yoga class is entirely at your own risk.

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