

Find the Gap Yoga

Terms and Conditions



1. Definitions

These terms and conditions refer to yoga classes / workshops run by Find the Gap Yoga.

FTG Yoga

Find the Gap Yoga Ltd

A company registered in England & Wales

Company Number: 11102254

2. FTG Yoga's Responsibilities as a Service Provider to You

- FTG Yoga** will run yoga classes with fully qualified instructors. These instructors will be accredited with Yoga Alliance Professionals UK or another industry standard body.
- FTG Yoga** will have an insurance policy in place at all times.
- FTG Yoga** will do everything possible to ensure that classes run as scheduled. If the regular instructor is unavailable, then we will try to arrange for a substitute instructor.
However, there may be times when we are unable to arrange for a substitute instructor and there may be times when we are unable to gain access to the buildings where we practise. In these cases, we will have no choice but to cancel the class / workshop. If we cannot run a class as scheduled, then we will send out e-mails and publish the cancellation on social media.
FTG Yoga will not be liable for any expenses / loss of earnings (other than the class fee) incurred by students when a class or workshop is cancelled.
- If you have prepaid for a class or workshop that **FTG Yoga** is unable to provide for any reason, including those given above, then **FTG Yoga** will exchange your booking for another class / workshop or offer a full refund.

3. Your Responsibilities as a Student to FTG Yoga

- I understand I am participating in yoga classes / workshops offered by **FTG Yoga** during which I will receive information and instruction about yoga, pranayama and meditation.
- I recognise that these yoga classes / workshops will require physical exertion, which may be strenuous and may cause physical injury, and I am fully aware of the risks and hazards involved.
- I understand that it is my responsibility to consult a physician prior to and regarding my participation in this yoga class / workshop.
- I acknowledge that I am physically fit and have no medical condition, which would prevent my full participation in this yoga class / workshop.
- I understand that I am responsible for my own practise at all times and I will decide whether to follow the instructor's guidance based on the knowledge of my health, ability and how my body feels during practise.
- I understand that all parts of the class are optional.
It is important to listen to your body and to back off in a pose / take a break if you feel that it is too challenging or if you are pushing yourself to the point where you may cause yourself illness or injury.
- I agree to notify **FTG Yoga** if my health and / or any medical conditions change / arise.
If you wish to speak in private, then the instructor will be happy to do this outside the class room.
- I understand that from time to time during yoga classes / workshops, the instructor may physically adjust students' form and posture. If I do not want such physical adjustments, I will inform the instructor at each class I attend.
- I acknowledge that it is my responsibility to inform the instructor when an adjustment has gone as far as I desire at that time.
- I understand that there may be occasions when equipment is used during this yoga class / workshop. I assume all responsibility for the use of this equipment.
- I accept full and sole responsibility from any liability of loss or damage to personal property associated with the yoga classes / workshops.
- I knowingly, voluntarily and expressly waive any claim I may have against **FTG Yoga** or injury or damages that I may sustain as a result of participating in these yoga classes / workshops.
- If I am pregnant or become pregnant, I understand that I participate fully at my own risk and that of my unborn child / children.
*Many of the **FTG Yoga** classes are very dynamic in nature and will not be suitable for you if you are pregnant. There are yoga instructors in the area that specialise in pregnancy yoga. Please ask if you'd like to be put in touch with one of these instructors.*
- I voluntarily agreed to the terms and conditions stated above under my own free will. I understand that all activities I participate in at this yoga class / workshop are taken at my own risk and I accept all responsibility for my actions.


4. Data Protection Policy

- We will ask you to complete and sign a registration form on paper and this will be stored securely at the registered address.

WWW.FTGYOGA.COM

INFO@FTGYOGA.COM

07402 455887

 @FINDTHEGAPYOGA

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2. We will not share this information with anyone or any organisation except for medical professionals (doctors, nurses, paramedics, etc.), or the police, in the event of an emergency where you are involved.
3. We will never share your personal information with any third party for sales or marketing purposes.

5. Charges

1. The current charges for classes and workshops are available on the web site: <http://www.ftgyoga.com>

6. Free Class Cards

1. FTG Yoga may, from time to time, offer a free class to any individual by giving that person a Free Class Card.
2. Free Class Cards can only be exchanged for one yoga class run by FTG Yoga.
3. A Free Class Card must be surrendered to the instructor at the start of the class.
4. A Free Class Card has no monetary value.
5. The class must be booked in advance via the FTG Yoga web site.

7. Multi-Class Cards

1. Multi-class cards are available, offering a per class discount over the single class charge. This is our way of saying a little thank you to our regular students.
2. Multi-class cards are available in multiples of 4 or 6 credits. The equivalent class price is discounted on a sliding scale depending on the number of classes pre-purchased. The current charges for the multi-class cards are shown on the web site: <http://www.ftgyoga.com>
3. One credit pays for one class.
4. You must present the multi-class card at the start of each class. The date of the class will be marked in one of the spare spaces to indicate that one of the class credits has been used.
5. If you have a multi-class card but are unable to present it at class, then we will ask you to pay the standard drop in charge.
6. If a multi-class card is lost we will try to issue a new card with the remaining class credits based on the data that we hold, however, there is no guarantee that we will be able to do this if we do not have a record of the credits that have been used. Please keep your card safe.
7. If, for any reason, we are unable to continue running classes and you have unused credits on a multi-class card then you will be entitled to a refund of the unused credits at the pro-rata rate.

8. Female Students

1. The school that the **FTG Yoga** teachers trained with advises female students not to practise inversions when they have their period. We echo this advice. However, there are arguments for / against and we encourage you to research these arguments to be able to make your own decision. This article provides some further information: <https://yogainternational.com/article/view/is-it-safe-to-practice-inversions-during-menstruation1>
Any part of the class is entirely optional. If you wish to practise a pose other than an inversion, then please ask the instructor for guidance.