

Anthea Sweet: online yoga

Disclaimers for online yoga classes and recordings

For live streamed classes

Please take care when filling in your health questionnaire and check the contents are accurate before you submit it. By submitting the questionnaire, you are confirming that the contents are true and accurate to the best of your knowledge. Please notify your teacher of any changes to your responses in this healthcare questionnaire before participating in classes subsequent to those changes.

Neither your teacher nor the British Wheel of Yoga are qualified to express an opinion that you are fit to safely participate in any British Wheel of Yoga organised sessions or any British Wheel of Yoga trained teacher's yoga classes. You must obtain professional or specialist advice from your doctor before participating if you are in any doubt.

All of our yoga instructors are appropriately qualified British Wheel of Yoga teachers with high standards of teaching and best practice. Where possible, your teacher may offer suitable modifications or adjustments, and practices to suit different levels of experience and ability.

When you are taking part in live-streamed classes, please note that the instructor may not be able to see you at all times. Please let the instructor know before the class if this is your first yoga class or if you are not confident about your experience and/or ability. Where you have declared a health condition, please contact the teacher before the class if you would like to request that you are provided with suitable modifications or adjustments wherever possible. Please note, when you are taking part in a pre-recorded class, you will not be able to request specific adjustments or modifications.

Always follow the safety instructions and listen to your body. Where a movement or class is beyond your experience or ability, feels too difficult for you, or you experience any discomfort, please do not continue the movement or class.

For recorded material

This class is a beginner/intermediate level and is suitable for all fitness levels. This class is not suitable for pregnant women.

To take part in this class you will need a yoga mat, a towel or blanket, a yoga strap or substitute and some water to hand to make sure you stay hydrated.

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.

Participant Rules:

- Please follow the British Wheel of Yoga “Student Guidance – remote sessions” guidelines document on the BWY website
- You must act responsibly and sensibly at all times.
- You must not participate if you are pregnant or under the influence of alcohol or non-prescription drugs.
- Neither your teacher nor the British Wheel of Yoga are qualified to express an opinion that you are fit to safely participate in any British Wheel of Yoga organised sessions or any British Wheel of Yoga trained teacher’s 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.

Please note, this is a pre-recorded session and cannot be adapted to suit any particular requirements you may have. 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.

Intellectual property: The copyright in this recording is owned by Anthea Sweet. Reproduction, transmission or sharing of the recording (in part or full) is strictly prohibited without the prior consent of Anthea Sweet.

By accessing and participating in this recorded class you confirm that you have read and understood this disclaimer.