

## **DISCLAIMER – YOGA AND FITNESS CLASS**

The Yoga and Fitness online classes are offered as a united programme to the community by not-for-profit organisations named, Community Development Centre-UK (CODEC-UK), Pran Yog Nepali Group, Pashupatinath Temple, Birmingham and Nepalese British Community UK (NBC-UK).

The instructors are independent volunteers and have been doing yoga for many years.

The Organisers & Instructors (hereafter referred to as 'O&I') which expression shall include all related entities (employees, agents, affiliates, volunteers associated with them) expressly state that, in general Yoga and Fitness is safe and beneficial but like any other health and physical exercise program it needs to be practiced judiciously, correctly, cautiously and most importantly, with yourself in mind.

No remarks or citing by O&I at the Yoga and/or Fitness online classes to any health-related/medical/other information is intended to be a substitute for professional judgment of a qualified health-care provider.

The O&I are not subject or liable to change the structure of the Yoga and Fitness Classes to suit individual's needs. The classes are delivered for the general public on the assumption that the attendees are generally fit and healthy and that they are the best judge of their own well-being.

Not all presentations at the Yoga and/or Fitness Classes may be suitable for everyone.

Attendees are strongly urged to listen to their own bodies and not to take the practice of Yoga and/or Fitness to beyond their own capabilities and or limitations.

If pain or discomfort is experienced anytime during the practice of Yoga and/or Fitness Sessions, it should be stopped immediately, and a qualified health care professional should be consulted.

The O&I assume no responsibility and will not be liable for any harm, injury, damage known or unknown or otherwise, that may result from any

tort, negligence or from a breach of an express or implied warranty however caused or occurring during or after participation in the Yoga and Fitness online Classes or while practicing anything presented therein.

By participating in the Yoga and/or Fitness online classes the participant or the guardian who is responsible by law for the participant, hereby expressly and willingly assumes all risks, full responsibility and liability for participating and practicing anything presented therein and forever waives and releases and agrees to defend, indemnify and hold the O&I harmless from and against any and all injuries (including death), damages and any other claims or demands, liabilities and settlements (including without limitation, legal and accounting fees) on or against the O&I for losses or damages, including, without limitation, direct, indirect, incidental, consequential or special damages, personal injury/wrongful death, resulting from or alleged to result from participating in or practicing anything that is presented in the Yoga and/or Fitness sessions.

The O&I, at their sole own discretion reserve the right to deny participation at any time of the Yoga and Fitness sessions to any entity without assigning any reason whatsoever.