

## Terms and Conditions

By signing up for and attending yoga classes with Trace of Soul Yoga, you agree to the following terms and conditions:

### 1. Eligibility

- To participate in yoga classes, you must be at least 18 years old or have the consent of or be accompanied a parent or guardian.
- You confirm that you are in good physical health and capable of engaging in physical activities.
- If you have any pre-existing medical conditions, injuries, or concerns, you must consult with a healthcare provider before participating in any classes.

### 2. Class Registration and Payment

- All yoga classes must be booked in advance through our website, email, or in-person.
- Payment must be made at the time of booking.
- Prices for classes, packages, and memberships are subject to change, and the updated prices will be reflected in new bookings.

### 3. Class Attendance & Cancellations

- **Late Arrivals:** Please arrive at least 10 minutes before class begins. Late arrivals may not be allowed to enter the class to maintain safety and the flow of the session.
- **Cancellations:** Cancellations or rescheduling must be made at least 24 hours in advance for a full refund or to avoid being charged for the class.
- **No Show Policy:** Failure to attend a scheduled class without prior notice may result in forfeiture of the class fee or the loss of a class from your package or membership.

### 4. Health and Safety

- You are responsible for notifying the instructor of any injuries, health conditions, or physical limitations before class begins.
- It is your responsibility to listen to your body and modify or stop any postures that cause discomfort or pain. If at any point during the class you feel

lightheaded, dizzy, or unwell, you should stop and notify the instructor immediately.

- Yoga classes may involve physical contact from the instructor for alignment adjustments, but only with prior consent.

## 5. Liability Waiver

- By attending our yoga classes, you release Trace of Soul Yoga, and its instructors from any liability for injury, loss, or damage to your person or property that may occur during participation in class.
- You agree to participate in classes at your own risk and acknowledge that yoga may involve physical exertion.

## 6. Conduct and Behaviour

- You agree to conduct yourself in a respectful manner towards the instructors, other students, and the studio environment.
- Disruptive behaviour, including excessive noise, inappropriate conduct, or violation of the studio's policies, may result in being asked to leave the class or the studio.

## 7. Studio Policies

- **Studio Etiquette:** Please silence your phone and refrain from using it during class to maintain a focused environment.
- **Personal Belongings:** Trace Of Soul Yoga is not responsible for any lost or stolen items. Please leave valuables at home or in designated areas.
- **Footwear:** Shoes should be removed inside the yoga studio, as yoga is practiced barefoot.

## 8. Refunds and Expirations

- Yoga class purchases, including single sessions, packages, and memberships, are non-refundable except in cases of exceptional circumstances (e.g., medical issues).
- Class packages and memberships may have expiration dates, which will be clearly stated at the time of purchase.

## **9. Privacy and Data Protection**

- By signing up for classes, you consent to the collection of your personal information for the purpose of class registration, billing, and communication regarding studio updates or promotions.
- Your personal data will be kept confidential and will not be shared with third parties without your consent, except as required by law.

## **10. Changes to Terms**

- Trace Of Soul Yoga reserves the right to modify these terms and conditions at any time. Any changes will be communicated through our website or via email to registered clients.

By attending a yoga class at with Trace of Soul Yoga, you acknowledge that you have read, understood, and agree to these terms and conditions.