

Legal Notice - Consent Declaration

As a coach and yoga instructor, I offer yoga lessons, guidance, and advice based on my experience and training. It is important to note that I do not have a medical background, and my yoga practices and advice should not be considered a substitute for professional medical consultation, diagnosis, or treatment.

Participation in yoga classes is the responsibility of the participants. Each individual is responsible for recognizing and respecting their own limits. It is the responsibility of each participant to consult a qualified doctor before starting a yoga program or class, especially if there are existing health issues, injuries, or medical conditions.

Yoga exercises and techniques can be physically demanding and carry a certain risk of injury. Participants are responsible for performing the exercises safely and responsibly and listening to their own bodies. The yoga instructor assumes no liability for injuries, losses, or damages resulting directly or indirectly from the performance of yoga exercises.

It is recommended that participants with health concerns, restrictions, or specific needs speak with the yoga instructor before starting a yoga class to receive individual adjustments or alternative exercises.

The yoga instructor reserves the right to decline participation in yoga classes or adjust exercises if there are concerns about the participant's health or safety.

Please note that this disclaimer cannot cover all possible risks and liability issues. For further questions or concerns, always consult a professional.

By participating in yoga classes, the participant declares to have read, understood, and accepted this disclaimer.