



### Space to Move LIVE ONLINE Waiver of Liability

I hereby understand and acknowledge that the yoga/dance LIVE ONLINE classes include physical exercises/poses/postures that if incorrectly performed can expose me to risks; including accidents, injury or even death.

If I have any physical and psychological concerns that might conflict with participating in the activity I will NOT participate prior to communication with Space to Move Ltd for advice.

I acknowledge that I am physically fit and mentally capable of performing the physical activity I choose to participate in. When participating I will listen to my body, take care of my physical placement/alignment & follow the teachers instructions carefully. If I experience pain I will immediately come out of the exercise/pose/posture. I take full responsibility for how far I go in all activity. When options are provided I will choose the one that feels right for my physical ability and fitness level.

After having read this waiver and knowing these facts, and in consideration of acceptance of my participation and Space to Move Ltd providing services to me, I agree, for myself and anyone entitled to act on my behalf, to HOLD HARMLESS, WAIVE AND RELEASE Space to Move Ltd, its Directors, Founders & Teachers from any responsibility, liabilities, demands, or claims of any kind arising out of my participation in the LIVE ONLINE activities - yoga/dance classes.

By ticking this box and/or my signature I indicate that I have read and understand this Waiver of Liability. I am aware that this is a waiver and a release of liability and I voluntarily agree to its terms.

I hereby understand, acknowledge and agree with the statements above in relation to my participation in the Space to Move LIVE ONLINE activities.

Name: \_\_\_\_\_

Date: \_\_\_\_\_

Email: \_\_\_\_\_

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