



# MummyYoga®

The most precious thing in life is life

## Informed Consent:

MummyYoga recommends that health approval be obtained before beginning our Yoga classes.

- I understand that MummyYoga will not be held responsible for any neglect on my behalf to seek medical approval prior to commencing a Yoga practice. I also understand that classes taught at MummyYoga are not meant to replace any form of medication or medical treatment that I am currently seeking now or in the future.
- I have read and understood the health screening and other precautions mentioned in the [MummyYoga health screening](#) page.
- I have been informed and understand that strength, flexibility and cardiovascular exercise, including Yoga, are potentially hazardous activities. I also have been informed and understand that these activities involve a risk of injury and that I am voluntarily participating in these activities with full knowledge and appreciation of the dangers involved.
- I have read, understood and agree to follow the MummyYoga [studio etiquette, policies](#) and procedures as well as the conditions of classes.
- [I have read the waitlist and cancellation policy](#). I understand that it is essential to book into any given class to secure a place. If I then cancel with less than 4 hours' notice prior to the scheduled class or fail to show it will result in my paying the cost of the class.
- I declare all of the information provided by me to be correct to my knowledge and have not withheld any information that may result in any consequences.
- I agree to advise MummyYoga in writing if any of the information provided by me changes.



# Mummy Yoga<sup>®</sup>

The most precious thing in life is life

Agree to the informed consent and booking [terms and conditions](#)\*

I agree that MummyYoga studio is in no way responsible for the safekeeping of my personal belongings while I attend class. I understand that classes may be physically strenuous and I voluntarily participate in them with full knowledge that there is risk of personal injury, property loss or death. I take full responsibility for my body and my baby. I understand that all practices are optional. If I feel dizziness or pain I shall stop the activity immediately and let my teacher know. If I have any doubts I will seek the advice of a medical professional before proceeding with any of the yoga classes and workshops.

I agree that neither I, my heirs, assigns or legal representatives will sue or make any other claims of any kind whatsoever against MummyYoga Ltd. and its associated companies or its members for any personal injury, property damage/loss, or wrongful death, whether caused by negligence or otherwise.