

All purchases from [www.keiralimania.com](http://www.keiralimania.com) must be preceded by reading the following Health and Safety Waiver.

- I will receive information and instruction but recognise that exercise requires physical exertion. I understand that in any physical activity, risk of serious injury is always a possibility.
- Yoga, Barre, Pilates and guided movement are not a substitute for medical diagnosis &/or treatment. I assume the risk of these activities and release the teacher (Keira Limania or any co-teacher) from any liability claims.
- In participating in class, I am aware of the physical risks involved and understand it is my responsibility to consult my GP or physician if there are any concerns regarding my participation.
- If I am pregnant, I understand that I participate fully at my own risk and I will notify the teacher of my pregnancy before participating.
- I confirm that I have no medical condition that should prevent my participation. I assume all responsibility for any risk or injury I may sustain during practice/participation.
- I understand it is my responsibility to practice to a pace that suits me.

I have read the above release and waiver of liability and fully understand its contents and I voluntarily agree to the terms and conditions set out.

I understand that any purchase means I have read, understood and agreed to the terms and conditions of this waiver.