**Terms and conditions for online Yoga**

All classes will take place via Zoom. You will share a screen with the teacher and have the opportunity to join the class 5 minutes beforehand. This will be a space to talk and still keep the community feel going. Initially when you first come in, press unmute. From here you’ll be able to let the teacher know if you have any injuries etc.

Once the class starts if there is feedback coming from your microphone we will mute you or if you choose to have music on or just prefer to be on mute then please do mute yourself. This is normally a button in the bottom, left-hand corner, depending on your device. If you have any questions during class, please press unmute and ask away.

You will be sent an email with a link to join the session.

**Please acknowledge that you have read and agree to the terms by sending the email back to** [**www.mastcellaction.org**](http://www.mastcellaction.org)**.  Thank you**

**Terms and Conditions for online Hatha Yoga practice.**

* Every individual is responsible for their own practice. Only ever do what feels right in your body and have the upmost respect for your energy levels on the day. Never push through anything.  Being mindful of any limitations and to only work with what feels comfortable and accessible in the whole practice. Mast cell action and Caroline Rose of The Yoga Hive will not be held responsible for any injury sustained.
* To ensure safe practice, the online class will be open 5min before at 10.55am. This is to enable the teacher - Caroline Rose the opportunity to ask if anyone has anything going on that may effect their practice.
* The class will start at 11am.
* Please inform the teacher -  Caroline Rose if there are any changes to current medical conditions. This can be by private message or speaking directly to Caroline
* There should never be any pain in Yoga. Please do not practice any postures that you experience discomfort in, if you feel this, please safely and slowly come out of the pose.
* If you have any concerns, please email [www.mastcellaction.org](http://www.mastcellaction.org)  and the concern will confidently be passed to the teacher with your permission.
* The practice will be a gentle trauma informed Hatha and embodiment  class and will include movement,  breathing techniques and meditation.

When **NOT** to practice this class:

Not suitable if you’re pregnant and 3- 6months after the birth (this depends on the delivery you had) as I am not trained in pregnancy Yoga.

If you are under 16years of age I will need consent from a parent/guardian

Caution to be taken :

If you have had recent surgery - Please check and get clarification from your Dr/ physio that they are happy for you to practice the class.

Any ACUTE injury or illness. When practising please be aware of your energy levels, light/screen sensitivity, discomfort. Only practice a small amount. Please do not feel like you have to stay for the whole session. You may just want to do ten min and then leave. If you are having an acute flare, please prioritise rest and recovery.

If you are on any medication that affects how you receive feedback from your body to brain - for instance strong painkiller. If you are taking these please enter each pose slowly, so you can gauge if the body feels comfortable to do so.

Please look after any existing health condition you may have. Including practicing in a safe space, (especially if you have epilepsy ) medication to hand - inhalers, diabetic medication etc. Any concerns please ask the teacher.

**I accept the terms and conditions to practice online yoga with Mast cell action and Caroline Rose. I shall inform the teacher each week if there is any change in my circumstances. If you are unable to sign please just type out your name and that you agree to the above and date below**

Signed ……………………………………………...

Date …………………………………………………

Contact telephone number …………………………………………………

Any medical conditions including mental health or injuries please state below.