



Let the journey to
wellbeing start now

Yoga - Shamanic Healing - Nutrition - Reiki - Thai Yoga Massage - Retreats - Workshops

Online Yoga class Disclaimer:

- Please ensure that you assess your ability and readiness for each yoga class before you attend.
- With the purchase of any Pay As You Go class or any Class Pass you accept responsibility for yourself, the environment you practise in and the equipment you use, before, during and after the class.
- With the purchase of any Pay As You Go class or any Class Pass, you accept that Sarah Grattan is not responsible or liable for any injury to yourself or damage to equipment that happens in the environment you practise in, before, during or after the class.
- Remember everyday is different and a yoga posture that was comfortable to practise yesterday does not mean that it will be the same today. Whilst its important to listen to my instruction, it is equally important to listen to your body, I cannot feel your discomfort or pain. Always listen and move your body accordingly.
- If you have a medical condition and are unsure of the suitability of the class, please seek medical advice.
- If you are pregnant or have an injury you must inform Sarah Grattan prior to the start of the class by emailing sarah@yogahealthandwellness.co.uk. and have sought medical advice if you are unsure of the suitability of the class for your needs.
- The techniques and suggestions presented in these classes are not intended as a substitute for proper medical advice. Always seek the advice of your physician or other qualified health professional before starting or changing any exercise program or making a lifestyle change.
- In registering for a class, you agree to assume full responsibility for any risks, injuries or damages, known or unknown, which you might incur as a result.
- You are responsible for your behaviour in class, if Sarah Grattan feels you are or have behaved in a way which is deemed unacceptable or inappropriate during the session, Sarah Grattan reserves the right to immediately remove you from a live class and cancel your class pass and any remaining, unused classes will be refunded.
- Abusive or aggressive behaviour towards Sarah Grattan or another class member will not be tolerated and Sarah Grattan reserves the right to immediately remove you from a live class and cancel your class pass and any remaining, unused classes will be refunded.