



LUMINATE
8 Devonshire Square, London, EC2M 3PL
+44 (0)203 637 7417
www.weareluminate.co

Employee guidelines for yoga

Thank you for choosing to attend a yoga session with Luminate.

As with any kind of physical exercise, it is important to ensure safe practice, which is why we have set out these guidelines. While care shall be taken for your wellbeing and safety, it is important to realise it is ultimately your responsibility to adjust your practice to avoid injury. No responsibility can be taken for injuries from, or as a consequence of, your participation in these classes.

For any further support or information, please contact Luminare and we would be happy to help, on hello@weareluminate.co

1. By attending a yoga session with Luminare, you certify your understanding that it is your responsibility to:
 - a. Check with your doctor if you have any difficulties or concerns about your ability to participate in any classes;
 - b. Advise the instructor of any important medical information that may affect your participation in the classes;
 - c. Follow the advice given by your doctor and/or the instructor.
2. By attending a yoga session with Luminare, you waive all claims for injury or loss to person or property during participation in classes, workshops or other activities. You agree that your participation in the class/workshop is voluntary and at your own risk. You agree that, to best of your knowledge, the health information provided is accurate and you acknowledge and fully understand that you will be engaging in activities that involve risk of injury including, but not limited to, pulls or tears (muscles, ligaments or tendons), muscle strains, wrist or foot injuries.
3. You certify that you are in good health and do not suffer from any heart condition or other ailment that could be exacerbated by the exertion involved in the activities in which you may participate as part of the yoga session. You agree that you will comply with all instructions given to you by the instructor. You hereby release respective owners, instructors, and assigns from any liability claims, demands, injuries, actions, or causes of actions to my person or property arising out of or connected with the use of any of the services, equipment, or facilities provided. You also agree to indemnify the said owners, instructors, agents, and assigns for any claims which are advanced by you or on your behalf, or as a result of any injury to you whatsoever.