

Living Green Office Yoga Terms and Conditions

Booking and Payment Policy

Living Green Office Yoga class bookings may be made by telephone, in person or by email. Once the booking details have been received, an invoice will be issued to you, in line with the class package price agreed. Payment of the invoice is to be made at least 14 days in advance of the class date and your class booking(s) won't be confirmed until full payment is received.

Please note that all charges quoted are payable in sterling and are inclusive of VAT.

Cancellation Policy

Cancellation of confirmed class bookings must be made in writing, such as email. For cancellations made between 14-30 days before the class date, a charge of 50% of the class price shall be charged. If cancellation is received less than 14 days before the class date, 100% of the class price shall be charged.

Living Green Office Yoga reserves the right to cancel classes or move the class date for any reason (such as illness). In the event of such cancellation, Living Green Office Yoga shall repay all sums paid for the class charge.

Charity Donations

Living Green Office Yoga will donate 5% of all profits to registered animal and environmental charities. The charities selected will vary over the year and are chosen at Living Green Office Yoga's discretion.

Details of the charities donated to and the amounts donated will be published on <http://www.livinggreenofficeyoga.co.uk/giving-green/>

Tree Planting

Living Green Office Yoga plants 5 trees for every class taught through One Tree Planted. You and your employees can see how many trees have been planted from your classes by logging into your Green Yoga Dashboard.

Proof of tree purchase and planting can be obtained by contacting Living Green Office Yoga.

Green Yoga Dashboard

The dashboard enables your employees to see the next class date and time, book a place, see how many trees have been planted, sending coaching questions and receive relevant news and updates from Living Green Office Yoga. This is for the use of you and your class attending employees only.

You will be provided with login details to share with your team, please do not share these with anyone outside of your business. From time to time the password may be changed for security reasons and Living Green Office Yoga will communicate this with you directly.

If there are any issues with your Green Yoga Dashboard (such as problems with log in) please contact Living Green Office Yoga as soon as possible to resolve.

Unlimited Email Coaching Service

Active participants of Living Green Office Yoga classes may email any yoga, breathwork and living green questions they have in order to support their practices outside of class time. To be an active participant your employee must have attended a class within the last 4 weeks.

The Unlimited Email Coaching service only applies during calendar weeks where active (i.e. not cancelled) classes have booked. A response will be provided within 2 business days from the time an email is received by Living Green Office Yoga. Responses outside of calendar weeks with active bookings are at Living Green Office Yoga's discretion.

It is also at Living Green Office Yoga's discretion on whether replies to multiple questions are sent by one-to-one or one-to-many email replies, verbally or by any other means of communication that Living Green Office Yoga deems to be appropriate. Coaching questions asked verbally by business customer class attendees will need to be put in writing to ensure an answer except at Living Green Office Yoga's discretion.

Coaching emails should be directed to lucy@livinggreenofficeyoga.co.uk

Waiver of Liability

Living Green Office Yoga takes the health and wellbeing of each of your employees attending classes very seriously, guiding yoga classes with an emphasis on bodily alignment and injury prevention. It is however each individual's responsibility to take care of themselves on a physical and psychological level whilst in a class.

As the booker of Living Green Office Yoga classes, you are agreeing and acknowledging that you understand the following waiver of liability, on behalf of the business. A separate Waiver of Liability will be issued to share with your employees.

1. I, the booker of Living Green Office Yoga classes understand that yoga is an exercise which requires physical exertion and may cause physical strain or injury.
2. I am fully aware of the risks and hazards involved and I agree that each class attendee is to assume full responsibility for any risks, injuries or damages, known or unknown, which might incur as a result of participating in the programmes offered by the teacher or substitute teacher.
3. I understand that it is each class attendees responsibility to consult a physician prior to participation in the yoga classes where necessary, and to notify the yoga teacher of any injuries or conditions which may affect my practice, before the start of the class.
4. If any attendee is pregnant, they participate fully at their own risk and that of their unborn child/children.
5. I understand that from time to time during yoga classes, the teacher may physically adjust attendees form and posture. If any attendee does not want such physical adjustments, they will so inform the teacher at each class they attend. I also acknowledge that if they do wish to receive such adjustments, it is their responsibility to inform the teacher when an adjustment has gone as far as they desire at that time.

6. In further consideration of the above, I knowingly voluntarily and expressly waive any claim the business may have against the Living Green Office Yoga teacher or substitute teacher for injury or damages that may be sustained as a result of participating in these classes, as well as any losses to the business this may incur.
7. I hereby take full and sole responsibility from any liability of loss or damage to business and property associated with Living Green Office Yoga classes.

I have read and fully understood the above waiver of liability and release Living Green Office Yoga and associated parties (including all employees, volunteers and venues) of any and all potential liabilities. I voluntarily agree to the terms and conditions stated above under my own free will, on behalf of the business.