

DALOY
YOGA

BOOKING AND CANCELLATION:

Classes can be booked online up to two weeks in advance.

To cancel, contact hello@daloyyoga.com at least 1 hour before the schedule for single classes. To cancel or reschedule for 1:1 Yoga Classes, an email at least 24 hours before the schedule is required to maintain the class credit.

For Private Group Classes, at least 3 days before the schedule and for Corporate Yoga Classes at least 15 days before the schedule. If a Student cancels a booking in advance of the class, the credit will be added back onto the his/her account, however, if the Student does not show up for the class then s/he will lose that credit altogether.

Passes are non-transferable and must be used only by the Student named at purchase.

In the event of Daloy Yoga cancelling a class, the Student will be refunded within three days. However, s/he may also opt to use the cancelled credit for any of the other classes for which his/her previous payment applies.

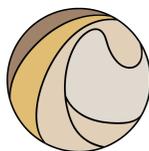
FITNESS AND HEALTH:

Students are advised not to undertake strenuous physical activities without first seeking medical advice if they have concerns over their physical condition. Daloy Yoga reserves the right to refuse access to any Student if, in its absolute discretion, it considers that the health of the individual concerned may be endangered by the joining a class.

Students with the following conditions should not attend class: low/high blood pressure and cardiac irregularities. If there is any doubt, the Student should consult his/her doctor. Members must notify Daloy Yoga of any circumstances affecting their health which may be exacerbated by joining classes.

SCOPE OF PRACTICE:

Daloy Yoga is licensed and trained to:



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- Design a yoga sequence or program according to a student's individual needs.
- Coach and provide general information.
- Direct a student to seek medical attention as necessary.
- Receive recommendations and clearance from your student's medical provider to ensure student safety.
- Cooperate with referring medical providers.
- Promote yoga to improve general health.
- Request permission to touch your students, and observe the laws within your jurisdiction governing touch.
- Use appropriate touch to facilitate movement, position, and prevent injury *within those laws*.

Many people seek out yoga as a way to reduce stress in their lives and improve their mental health. While yoga can help with these things, Daloy Yoga is not licensed (nor usually qualified) to provide mental health counseling.

While it is within a yoga teacher's scope of practice to offer feedback on form or modifications for a specific pose that feels uncomfortable, it is outside the scope of Daloy Yoga to diagnose my students' aches and pains.

While it is within a yoga teacher's scope of practice to suggest poses to promote relaxation, flexibility, strength, and balance, it is beyond the scope of Daloy Yoga to prescribe a specific pose, breathing technique, supplements, or diet to treat a medical condition.

Daloy Yoga is also not licensed to recommend a specific diet, cleanse, food, or supplement for a student.

Read more [here](#).

LIMITATION OF LIABILITY:

It is the Student's sole responsibility to participate in exercises that are appropriate for the current status of his/her health. Neither the Instructor, nor the Hosting Facility, is liable for any injury, or damages, to person or property, resulting from the taking of the class.