



Terms and Conditions

Memberships

- Your membership can be cancelled at any time, without charge, as long as you give 14 days notice prior to your next payment date via a written email to hello@heartspaceyoga.org.
- Payments are non-refundable and non-transferable. No refunds will be given for unused class passes.
- Payments will be processed via autopay according to the membership the client chose, unless instructed otherwise in writing at least 14 days prior to the next payment.
- As a member, you are entitled to pause your monthly membership 2 months every year.

Return / Refund Policy

- Cancellation of class bookings require 12 hour notice. If you cancel 12 hours or less before a class, a credit will be taken, 12 hours or more before a class, you'll get a credit back to use.

Attending Classes - Waiver by Attendance

- If at any time during the class you feel discomfort or strain, come out of the posture. You may rest at any time. It is important in Yoga you listen to your body and respect its limits on any given day.
- Yoga is not a substitute for medical attention or treatment. You should consult a doctor prior to beginning any activity programme, including Yoga.
- It is your responsibility to notify the teacher of any serious illness or injury before every Yoga class if you aren't sure how to adapt the practice for your body.
- Neither the teacher, nor the hosting facility, is liable for any illness or personal injury, or for any loss or damage to property resulting from participating in the class.



Heartspace Yoga

Pregnancy Guidelines

If you become pregnant, please inform us at hello@heartspaceyoga.org

- **First Trimester:**
If you're an existing member practising regularly, feel free to join our Gentle/Restorative Classes, ensuring you're moving at a practice to suit your body and energy levels.
For non-members, we welcome you to join our classes in the Second Trimester.
- **Second Trimester:** You are welcome along to our Gentle/Restorative Classes, ensuring you modify the practice to suit your evolving body and energy levels.
- **Third Trimester:**
We recommend exploring pregnancy-specific classes for tailored support. If that's not feasible, you're welcome to our Gentle/Restorative Classes, again, adapting the practice to ensure it suits your changing body and energy levels.