

Online Membership Waiver

Ahimsa Wellness Limited provides an online streaming service that allows our members to access classes, courses, challenges, programs and articles ("Gentle Yogi Content") streamed over the Internet

By utilizing this service you hereby understand and acknowledge as follows:

1. I understand that yoga includes physical movements as well as an opportunity for relaxation and stress relief. As is the case with any physical activity, the risk of injury, even serious or disabling, is always present and cannot be entirely eliminated. I understand that there is a possibility of injury and I am fully aware of and willingly assume the risk and hazards involved.
2. If I am pregnant, become pregnant or I am post-natal or post-surgical or have any medical issues, conditions, limitations or any injuries my agreement herein verifies that I have sought and obtained my physician's approval to participate. I also affirm that I am capable of deciding whether to practice yoga and acknowledge that my participation is at my own risk.
3. I am aware that my participation in the Activities could result in high blood pressure, fainting, heartbeat disorders, physical injury, heart attack or stroke and may aggravate pre-existing injuries. I understand that I could experience muscle, back, neck and other injuries as a result of my participation in the Activities. I understand my physical limitations and I am sufficiently self-aware to stop or modify my participation in any gentle yogi content before I become injured or aggravate a pre-existing injury. In consideration of participating in the gentle yogi content, I agree to assume full responsibility for any risks, injuries or damages, known or unknown which I might incur as a result of participating in the Activities at the Studio.
4. I understand that yoga is not a substitute for medical attention, examination, diagnosis or treatment.

By utilizing this service you agree as follows :-

1. I hereby waive any claim against GY Studio any sponsor, transferee or licensee, their officers, employees, subcontractors and/or agents for any injury, damages or death caused by the use of this service
2. I hereby for myself, my heirs, executors and administrators forever irrevocably WAIVE AND RELEASE Ahimsa Wellness Limited, its owners, officers, employees, shareholders, directors and instructors from any claim, demand, cause of action of any kind I may have now or in the future resulting from or related to my participation in the gentle yogi content offered on this platform.
3. I give my consent to receive electronic communications from GY Studio regarding upcoming workshops, trainings, announcements, invitations, events, promotions.
4. I grant my permission to the GY STUDIO (and any sponsor, transferee or licensee), to utilize any comments of mine for promotional and commercial use for an unlimited period of time. I understand and agree that I will not be compensated or receive additional consideration for consenting to the use of my Likeness and words and comments and that I will not be given a chance to receive, inspect or approve the promotional or marketing material, messages and/or content that may use my Likeness, words or comments.

I have read the above release and waiver of liability and fully understand its content. I am legally competent to agree hereto and voluntarily agree to the terms and conditions stated above.