

## **Yoga & Nutrition Workshop: Sunday 2<sup>nd</sup> February, 2025**

### **Digestive Zen: Nurturing Your Gut & Soul - Terms & Conditions**

#### **1. Booking and Payment**

- Full payment is required to secure your spot in the workshop.

#### **2. Cancellation and Refunds**

- Participants may receive a full refund if cancellation is made 28 days or more before the workshop date.
- No refunds will be issued for cancellations made less than 21 days before the workshop date.
- The organiser reserves the right to cancel the workshop with 21 days' notice, in which case a full refund will be provided.
- No refunds will be given due to circumstances beyond our control (e.g., transport strikes, weather conditions).

#### **3. Attendance**

- Participants are required to arrive promptly for the start of the workshop.
- Late arrival may result in limited participation or exclusion from the workshop at the discretion of the instructor.

#### **4. Health and Safety Disclaimer**

- Participants voluntarily agree to take part in the workshop.
- Participants acknowledge that they are aware of their own health and physical conditions and assume all risks associated with their participation.
- The organizer is not responsible for any injury, illness, or aggravation of any pre-existing medical condition resulting from participation in the workshop.

#### **5. Personal Responsibility**

- Participants are responsible for informing the instructor of any medical conditions or injuries that may affect their participation.
- The organiser reserves the right to refuse participation if it is deemed that participation may pose a risk to the participant's health or safety.

#### **6. Workshop Content**

- The workshop is for educational purposes only and does not constitute medical advice.
- Participants should consult with their healthcare provider before making any significant changes to their diet or exercise routine.

## 7. Personal Belongings

- The organiser is not responsible for any loss, damage, or theft of personal belongings during the workshop.

## 8. Intellectual Property

- Recording or reproducing workshop content without explicit permission is prohibited.

## 9. Code of Conduct

- Participants are expected to behave respectfully towards the instructor and other participants.
- The organiser reserves the right to ask any participant to leave if their behaviour is disruptive or inappropriate, without refund.

## 10. Data Protection

- Personal information provided during registration will be handled in accordance with current data protection regulations.