

Aspasiana Terms of Service & Disclaimer

Effective Date: 19 August 2025

By accessing and using Aspasiana's website, classes, and resources, you agree to the following terms. Please read them carefully.

1. General Information

- Aspasiana provides free and paid yoga sessions, online content, and resources for wellness and education.
- Our classes, guides, and materials are intended for **general informational and educational purposes only**.

2. Not Medical Advice

- We are not medical professionals.
- Nothing on this website, in our emails, or in our classes should be considered medical or health advice.
- Always consult with a qualified physician before beginning any new exercise program, especially if you have pre-existing health conditions, injuries, or concerns.

3. Participation & Assumption of Risk

- By joining Aspasiana's yoga classes (in-person or online), you acknowledge that physical activity carries certain risks.
- You voluntarily assume full responsibility for your health, safety, and well-being during participation.
- Aspasiana and its instructors are not liable for injuries, accidents, or health issues that may occur as a result of participating in yoga sessions or following our materials.

4. Use of Content

- All materials (videos, PDFs, guides, blog posts) provided by Aspasiana are for personal use only.

- You may not copy, share, or redistribute our materials without written permission.

5. Privacy & Data Use

Your use of this website and participation in our email list is also subject to our Privacy Policy.

6. Modifications to Service


Aspasiana reserves the right to modify or discontinue classes, content, or services at any time, with or without notice.


7. Governing Law

These terms are governed by the laws of the Netherlands.

8. Contact Us

If you have questions about these Terms, contact us at:

 maaike@aspasiana.com

 Amsterdam