

Terms and Conditions for Swastha

By participating in Swastha's yoga classes, workshops, or events, you agree to these terms and conditions. Please read carefully.

1. Acknowledgment of Risk

Yoga involves physical activity that carries risks of injury. By participating, you voluntarily assume all associated risks.

2. Medical Disclaimer

- Consult a physician before starting if you have medical conditions or are pregnant.
- Yoga is not a substitute for medical advice, diagnosis, or treatment.
- Inform the instructor of any injuries or limitations and practice within your abilities.

3. Liability Waiver

You release and hold harmless Swastha, its instructors, and affiliates from any claims or liabilities arising from participation, including injuries or property damage.

4. Code of Conduct

- Behave respectfully toward instructors and attendees.
- Disruptive behavior may result in removal.
- Arrive on time and be respectful.

5. Image and Media Release

By participating, you consent to being photographed or recorded for promotional purposes. To opt out, notify us in writing before the session.

6. Jurisdiction

These terms are governed by the laws of Virginia, and disputes will be resolved under its jurisdiction.