Terms & Conditions

Classes & Membership  
- By booking or attending a class, you agree to practise at your own pace and listen to your body.  
- Please inform me of any injuries or health conditions before your session.  
- Class passes and memberships are non-transferable.  
- You may cancel a class with reasonable notice (please check specific cancellation terms when booking).  
  
Private Sessions  
- One-to-one sessions are arranged individually. Please give at least 24 hours' notice if you need to reschedule.  
  
Workshops & Courses  
- Workshop and course bookings may have specific cancellation or refund policies, which will be provided when you book.  
  
General Disclaimer  
All classes, courses and sessions are offered for wellbeing and self-development. They are not a substitute for medical advice or treatment. Always consult your GP or healthcare provider before starting a new wellness practice.  
  
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