

YOGA PRACTICE WITH BETH COX

STUDENT INFORMATION.



Live online, pre-recorded or face-to-face sessions.

To participate in any live or recorded sessions with me I ask that you complete the attached health questionnaire (which you must tick to say you agree to the disclaimer below, this also includes GDPR info).

Along with this email, I have attached the British Wheel of Yoga “Student Guidance – remote sessions” guidelines document.

Please take care when filling in the health questionnaire and check the contents are accurate before you submit it. By submitting the questionnaire, you are confirming that the contents are true and accurate to the best of your knowledge. Please notify Beth Cox of any changes to your responses in this group information request form before participating in sessions subsequent to those changes.

Neither Beth Cox nor the British Wheel of Yoga are qualified to express an opinion that you are fit to safely participate in any British Wheel of Yoga organised sessions or any British Wheel of Yoga trained teacher’s yoga sessions. You must obtain professional or specialist advice from your doctor before participating if you are in any doubt.

Beth Cox is an appropriately qualified British Wheel of Yoga teacher with high standards of teaching and best practice. Where possible, Beth Cox may offer suitable modifications or adjustments, and practices to suit different levels of experience and ability. Please take her advice on modifications and adjustments.

When you are taking part in live-streamed sessions, please note that Beth may not be able to see you at all times. Please let Beth know before the session if this is your first yoga lesson or if you are not confident about your experience and/or ability. Where you have declared a health condition, please contact Beth before the session if you would like to request that you are provided with suitable modifications or adjustments wherever possible. Please note, when you are taking part in a pre-recorded session, you will not be able to request specific adjustments or modifications.

Always follow the safety instructions and listen to your body. Where a movement or session is beyond your experience or ability, feels too

difficult for you, or you experience any discomfort, please do not continue the movement or session.

Remote Teaching Sessions: Pre-recorded

The pre-recorded content is mainly seated practice that are suitable for all fitness levels. This material is not suitable for practice if you have a respiratory condition or problems moving your arms, i.e. shoulder issues. If in doubt, please contact me and I can explain if I feel it'd be appropriate for yourself.

To follow this recording, you will need a hard chair or stool to sit on.

IMPORTANT NOTICE

Although there are tremendous benefits to overall health and wellbeing, yoga can be physically challenging and carries with it risks that cannot entirely be eliminated. These include the risk of personal injury, or the exacerbation of existing injuries or conditions, or damage to property around you during your participation.

Participant Rules:

- Please follow the British Wheel of Yoga “Student Guidance – remote sessions” guidelines document.
- You must act responsibly and sensibly at all times.
- You must not participate if you are under the influence of alcohol or non-prescription drugs.
- Neither your teacher nor the British Wheel of Yoga are qualified to express an opinion that you are fit to safely participate in any British Wheel of Yoga organised sessions or any British Wheel of Yoga trained teacher’s yoga sessions. You must obtain professional or specialist advice from your doctor before participating if you are in any doubt.
- Clear enough space to safely carry out the exercises without hitting items around you.
- Check that the device you are using is securely positioned and will not interfere with your movement.
- Listen to your body. Follow any safety instructions or suitable modifications or adjustments to the exercise as instructed.
- Never continue with a session or a movement that is too difficult for your level of experience or ability, or if you feel any discomfort.

Please note, this video is a pre-recorded session and cannot be adapted to suit any particular requirements you may have. In the absence of any negligence or other breach of duty by your teacher, participating in this yoga session is entirely at your own risk.

Intellectual property: The copyright in this video recording is owned by Beth Cox of Yoga Practice. Reproduction, transmission or sharing of the video (in part or full) is strictly prohibited without the prior consent of Beth Cox. When Beth is teaching corporate classes, the organisation may choose to record the session. They will ask for your consent to record and Beth Cox gives the corporation permission to distribute the recording to participants of the session.

By accessing and participating in this course you confirm that you have read and understood this disclaimer.

Remote Teaching Sessions: Live Streamed group lessons

These sessions are designed for a mixed level and is suitable for all fitness levels. This class is not suitable during pregnancy or for people I haven't taught before with pre-existing conditions such as injuries, back issues, un-medicated high blood pressure, arthritis, osteoporosis, etc.

I am able to offer a free consultation to discuss any health concerns you may have prior to joining the class. I can then suggest if I feel you would be able to participate in a group lesson or if I feel you would be better suited to having individual lessons.

To take part in this lesson you will need a yoga mat and yoga blocks (or something similar).

You will be taking part in a lesson which will be live streamed to one device. During the session, you (or anyone else who comes into the frame, including children) will be visible to myself. **Please switch off your video if you do not wish to be seen by other participants or may be disturbed during the session by other people.** No recording of the video will be made without your knowledge and agreement.

IMPORTANT NOTICE

Although there are tremendous benefits to overall health and wellbeing, yoga can be physically challenging and carries with it risks that cannot

entirely be eliminated. These include the risk of personal injury, or the exacerbation of existing injuries or conditions, or damage to property around you during your participation.

Please note that although you may appear on video link during the live stream of the session, Beth may not be able to see you clearly or instruct you in the same way as in a face to face teaching scenario.

Participant Rules:

- Please follow the British Wheel of Yoga “Student Guidance – remote sessions” guidelines document.
- You must act responsibly and sensibly at all times.
- You must not participate if you are pregnant or have a pre-existing medical condition that I haven’t discussed with you or are under the influence of alcohol or non-prescription drugs.
- Neither your teacher nor the British Wheel of Yoga are qualified to express an opinion that you are fit to safely participate in any British Wheel of Yoga organised sessions or any British Wheel of Yoga trained teacher’s yoga sessions. You must obtain professional or specialist advice from your doctor before participating if you are in any doubt.
- Clear enough space to safely carry out the exercises without hitting items around you.
- Check that the device you are using is securely positioned and will not interfere with your movement.
- Listen to your body. Follow any safety instructions or suitable modifications or adjustments to the exercise as instructed.
- Never continue with a session or a movement that is too difficult for your level of experience or ability, or if you feel any discomfort.

In the absence of any negligence or other breach of duty by your teacher, participating in this yoga session is entirely at your own risk.

By accessing and participating in session taught by Beth Cox you confirm that you have read and understood this disclaimer.