

Terms & Conditions

Yoga with M

By enrolling in the yoga classes offered by Mrigisha, you agree to the following terms and conditions:

1. Class Format & Structure

- ❖ Classes are conducted in person, and run for 60 or 90 min, split between Hatha yoga asana and pranayama.
- ❖ Classes are held in English.
- ❖ Participants will be added to an official WhatsApp group where schedules and updates will be shared.
- ❖ Each participant is eligible for sessions as per the registered plan.
- ❖ Classes are beginner-friendly, with variations provided for different levels.

2. Instructor

- ❖ All sessions are led by Mrigisha Choudhary, a certified yoga teacher, following Yoga with M's standard practice structure and guidelines.
- ❖ Yoga with M reserves the right to change instructors if required for operational reasons.

3. Hands-On Adjustments

- ❖ Sessions include hands-on physical adjustments to correct posture and alignment.
- ❖ Participants who do not wish to receive physical adjustments must inform the instructor before the start of the session.

4. Payments & Slot Confirmation

- ❖ Registration is confirmed only after successful payment.
- ❖ Slots are limited and allocated on a first-come, first-served basis.

5. Missed Classes Policy

- ❖ There are no refunds, extensions, or transfers for missed classes.
- ❖ As sessions are held live and in person, no recordings are provided for missed classes.

6. Registration Rules

- ❖ Registration closes one day before the new month/batch begins.
- ❖ After payment, no refunds or hold requests will be entertained.
- ❖ Please register only if you are committed to attending regularly, as slots are limited.

7. What to Bring

- ❖ Participants are expected to wear comfortable clothing suited to yoga practice.
- ❖ All yoga materials will be provided, including yoga mats, blocks, and other props.
- ❖ Yoga with M is not responsible for personal belongings left unattended during the session.

8. Communication & Support

- ❖ For queries, schedule issues, or class-related concerns, participants should contact Mrigisha via the WhatsApp group or by email at mrigishachoudhary@gmail.com

9. Health Disclaimer

- ❖ Participants confirm they are physically fit to take part in yoga practice and will inform the instructor of any injuries, medical conditions, or pregnancy prior to the session.
- ❖ Participation is at the individual's own risk. Yoga with M is not liable for any injury sustained during practice.

10. Acceptance of Terms

- ❖ By completing registration and making payment, the participant confirms that they have read, understood, and agreed to all the above terms and conditions.