



## TERMS & CONDITIONS

This website is owned and operated by Lavinia-Elise Parcalab, founder and owner of Unfold Your Mat, sole trader registered in Gothenburg, Sweden since September 2015.

These terms and conditions include general terms and conditions relating to the products and services provided by Unfold Your Mat on the internet, as well as during our face-to-face classes.

These terms and conditions apply for every student participating in group yoga classes, semi-private and private classes, as well as in any workshops and events organized by Unfold Your Mat.

Unfold Your Mat reserve its right to amend and change these terms and conditions from time to time which it may consider necessary or desirable for the regulation of the internal affairs of the studio and/or the conduct of students. Any such changes will be published on the website and, until revoked, are binding on students.

Please read these terms and conditions carefully. Your use of the Site, the purchase of any products or services on this site, via email, phone or face to face will be subject to these terms and conditions. And you now hereby agree to our terms and conditions.

### TERMS & CONDITIONS

Classes are always subject to availability but at Unfold Your Mat we will always do our best to accommodate you in your chosen class.

All students agree to our 24 hours notice policy when cancelling and/or rescheduling. Any booked sessions must be cancelled within 24 hours, in the online booking application available on the website [www.unfoldyourmat.com](http://www.unfoldyourmat.com).

#### **In case of late cancellation (less than 24 hours' notice) or not informing the teacher about your absence, the following conditions apply:**

If the student purchased one of multiple drop-in class,(s) the fee of 50 sek/ each late cancellation will be deducted. The student loses his right to reschedule for another time.

In case the student has a monthly card, 5 sessions card or 10 sessions card, then the session will be charged and deducted from the remainder of the Client's course, plus the fee of 50 sek/ each late cancellation will be applied.

In case of special events and workshops, in order to secure your place you need to pay prior to the course. In case you are cancelling your registration less than 1 week prior to the event no refunds will be made. If you cancel more than 1 week prior to the event, you will be refunded 50% of the amount paid for the course/event or workshop.

Same rules apply for no-shown without notice or coming late to the class, not informing and therefore finding the studio door closed.

Special situations in which late cancellation (less than 24 hours' notice) is accepted: serious illness conditions, family emergencies, last minute travel with work (meaning you were informed that you need to travel in less than 24 hours before the scheduled class).

Any class/workshop/event is subject to late booking possibility (less than 24 hours' notice) as long as there are still available places. In such situations the students can still book themselves on the website.

Out of consideration for the teacher and your yoga colleagues, but also for your own safety please be aware that if you are more than 5 minutes late for a class, you may not be able to practice. The intro part consisting of breathing techniques and warming-up exercises is a very important aspect of each class.

The studio's door will be closed 2 minutes before the start time in order to prepare for the class. In special situations in which you cannot arrive in time, please inform your teacher via SMS that you are late and she will keep the door open for you.

Bookings are made through the online booking application available under "Booking" section on the website [www.unfoldyourmat.com](http://www.unfoldyourmat.com).

In special situations, the teacher reserves its right to cancel a group class or change the location (with prior notice sent to the students already registered for that class). These situations may refer to personal issues or not enough participants (less than 6 people) booked in order for a group class to take place. In case the class is cancelled, the registered students will be informed in advance and they will have the possibility to participate in another group class instead.

## **HEALTH**

Please note that Unfold Your Mat's classes do not focus on yoga therapy, but they are suitable for people without any serious health conditions.

Prior to attending their first class with Unfold Your Mat, all students must fill in the "Health form" provided by Unfold Your Mat. The student is responsible of the provided information and making sure their health allows them to practice yoga. Unfold Your Mat advises its students to consult with a doctor if their physical health allows them to enroll for these classes.

Students with serious medical conditions must notify the teacher of any circumstances affecting their health.

Students with low/high blood pressure, cardiac irregularities and/or any surgery that took place in the last year should not attend the classes until they have written permission from their doctor. If there is any doubt, the student should consult his doctor.

## **IMPORTANT LIABILITY STATEMENT**

The information available on or through this Site, and the Services supplied via or in connection with this Site or at Unfold Your Mat do not constitute medical advice and it is your responsibility to determine, through obtaining appropriate medical advice, that you are fit and well and that such

contents and services are suitable for you. It is not our responsibility to do so. Before commencing any exercise regime, you should consult your doctor.

We do our best to create for you the proper environment to practice yoga safely, but the student is the one responsible for what happens on the mat. We advise you to follow the signals the body is sending and avoid the postures and breathing technique that are not suitable for you yet to do. Always ask your teacher for advice in case you have doubts and we will do our best to help.

In consideration of Unfold Your Mat accepting a person as a student, the student agrees that:

Neither Unfold Your Mat, nor its partners, instructors and employees are responsible for any injuries suffered by the student caused whole or in part by the student's failure to faithfully follow the instructions of the teacher or by any physical impairment of mine not fully disclosed to the Studios in writing.

It is also vital that you supply us with correct information about yourself. We cannot be liable for any incorrect information supplied by you to us. We try to make sure that all information contained on this website (and provided by us to you as part of any Services or Products) is correct, but, subject to the paragraph below, we do not accept any liability for any error or omission and exclude all liability for any action you (your legal representatives, heirs) may take or loss or injury you may suffer (direct or indirect including loss of pay, profit, opportunity or time, pain and suffering, any indirect, consequential or special loss, however arising) as a result of relying on any information on this website or provided through any Service supplied by us to you.

Unfold Your Mat, nor its partners, instructors and employees are responsible for loss or damage to a student's personal belongings.

Unfold Your Mat and Lavinia-Elise Parcalab reserves the right to change the class schedule, the prices including cancellation of individual classes and change of instructor.

You, your legal representatives and your heirs release waive, discharge and covenant, not to sue Unfold Your Mat and its instructors for any injury or death caused by their negligence or other acts.

## **PERSONAL BELONGINGS, DRESS & SAFETY**

Students are advised to wear comfortable clothing that preserves their dignity while allowing full range of movement throughout a yoga class. We advise for the practice of yoga asanas to be done barefoot since this encourages a correct alignment and posture, as well as a better grip on the mat. However socks can be used during the final relaxation, breathing exercises or meditation upon your wish.

Unfold Your Mat and its venues are a shoe free zone. All outdoor footwear is to be removed as soon as possible and not worn from reception onwards.

For safety reasons and because all Members are barefoot – No crockery, glass or anything breakable is permitted in any part of the Studio.

No food is to be consumed within the yoga room.

Members should not walk around the Studio barefoot or use a rented mat from the studio if they have any foot complaints.

In the event of a fire, Members are asked to make their way to the nearest available exit.

## **CLASSES: ETIQUETTE & GUIDELINES**

The yoga room (shala) should be kept clean and quiet.

During the class, talking is permitted for teaching purposes only.

Please be mindful of your colleagues who are already in the shala sitting in meditation or resting in Savasana few minutes before the class starts. Walk gently and place your mat and props without making any noise. Do not throw your mat or your props on the floor. Treat your yoga colleagues the same way you'd like to be treated in a similar situation. Same rules apply in case you are 1-5 minutes late to the class. Please try to be as discreet as possible not to disturb the class.

If you are more than 5 minutes late to the class, the teacher reserve her rights do not accept you in the class, since you are missing the beginning, which is very important preparation for the physical practice of asanas.

When the class is finished please nicely place your mat, blanket and props on the shelves where you found them.

In case you take any belongings with you in the shala, please put them in a corner indicated by the teacher so that it doesn't disturb your yoga colleagues sitting next to you nor your teacher who walks between mats and assists students during the class.

In case you take your mobile phone in the shala, please keep it in your bag away from your mat on silent mode, not on vibrations which could disturb your concentration, as well as your colleagues.

In case of exceptional situations please inform the teacher if you need to leave the class earlier. Place your mat and props on the shelves and try to be discrete so that your colleagues are not distracted by the noise.

If you need to modify the sequence due to injury or other reasons, please collaborate with the teacher on this.

Unless otherwise stated by the teacher, beginner and advanced students should avoid getting into inverted postures.

Respect your limits. Acknowledge that your body and mind will feel different every day; listen to the signals that your body is sending. Practice with care and consideration towards yourself and others.

Think about a healthy practice that is nurturing for you, not one that imitates advanced postures. Whenever you tense your breath that might be a sign that you are pushing yourself to do things that you are not yet ready for. When this happens, remind yourself about the calm breathing that should be kept throughout the practice whether the sequence is static or dynamic.

For any persistent pain or discomfort during the practice or assistance, please inform your teacher and get advice on the matter. Be mindful that progress in the practice of yoga requires a lot of time, regular practice, patience and discipline. Never force yourself into the postures, focus on the breathing, respect your own body and your temporary physical limitations and keep doing your practice regularly. Pain in the joints and ligaments should be avoided at all costs. If you ever feel that, you should back up from whatever you are doing in that moment.

Female practitioners are advised to avoid intense abdominal work during their period, especially the first 3 days. It is recommended you avoid inverted postures like shoulderstand, headstand, handstand or any variations of those. Forward bends, twists and backbends can still be done on those days, but try to avoid putting an intense pressure on the belly. Intense abdominal work like bow pose, peacock pose should be avoided. Please let your teacher know if she comes to take you further into your posture and collaborate on doing variations of the postures on those first 3 days.

In case you are pregnant, please be mindful that the practice will change. For your own safety and the one of your baby, please inform your teacher as soon as possible about the pregnancy. Please collaborate with your teacher to modify the practice according to the physical and emotional changes related to pregnancy. Unfold Your Mat and its teachers are not responsible for any risks that

you might be taking doing postures that are not suitable in case of pregnancy. Make sure you consult your doctor before deciding to join our classes.

If the teacher is having a private conversation with one of your yoga colleagues before or after the class, please respect your colleague's privacy as you would like to be treated in similar situations and wait for the teacher to approach you.

During the final relaxation, blankets and eye pillows can be used to keep you warm and increase relaxation. For any big discomfort in Savasana, Supta Badha Konasana or Legs up the wall, please ask your teacher for variations that apply in your case.

It is recommended that you do not eat at least 2-3 hours prior to your yoga class since this will interfere with the practice, create discomfort or even make you sick. Try to choose a light meal that is easily digested prior to the class. Keep in mind that the asana practice not only works your muscles, but stimulates all the organs including your stomach and intestines.

During the asana practice we sweat and the body temperature rises. Try to avoid drinking water during the practice, unless you are pregnant or have a medical condition. Make sure you are properly hydrated prior to the class. Drink enough water 1-2 hours before the class, as well as throughout the day. If you are properly hydrated throughout the day, there will be no need for you to drink water during the practice.

Drink plenty of water after the practice, especially dynamic ones.

In case of contagious illnesses, please be mindful of your yoga colleagues and your teacher's health and stay at home.

## **WARRANTIES**

Unfold Your Mat warrants that the Products and Services will be supplied with reasonable skill and care.

### **Statutory Rights and Refunds and Cancellation**

Students may choose to purchase drop-in classes ( 1 or more upon their request), 5 classes card, 10 sessions card or a monthly card. Unfold Your Mat and Lavinia Elise Parcalab reserves their rights to change these from time to time. In this case, students will be informed at least 30 days in advance. New changes will not be implemented before the student uses his already purchased classes from his current card.

The student shall not transfer sessions to any other person or permit them to be used by anyone other than the student. Any assignment, transfer or disposal of courses is at the sole discretion of the teacher and may only be permitted in exceptional circumstances. Class fees are non refundable.

Class fees may be increased by Unfold Your Mat at any time. The Proprietor shall give the students not less than 30 days notice prior to any such increases.

Details of class times may vary from time to time. In this situation students will be informed by email, SMS or phone of any potential changes. Classes will be published by Unfold Your Mat and the schedule and any changes will be posted on our Website, as well as communication will be send via email to our list of regular students (that have been attending at least once a week in the last 3 months). The student is responsible for checking the schedule before attending our classes.

**When you are purchasing a class you are paying for a class and not a teacher. The teacher is subject to change in case of exceptional situations.**

The Single Class, if not used, expires 30 days from the date of purchase.

Multiple drop in classes purchased at once, if not used, expire 30 days from the date of purchase.

The validity of private and/or semi-private yoga sessions, if not used, expires in 30 days from the date of purchase.

The 5 sessions' card has a shelf life of 2 months without being used. The card is validated with the first attended session and it can be used in the following 5 weeks.

The 10 sessions' card has a shelf life of 2 months without being used. The card is validated with the first attended session and it can be used in the following 7 weeks.

The 1 month unlimited card has a shelf life of 2 months without being used. The card is validated with the first attended session and it can be used in the following 30 days. The students that purchase this card can book as many classes as they wish within that month according to availability.

The monthly card can be frozen during Unfold Your Mat's holiday breaks. The validity will be extended but payment is done accordingly. One week prior to scheduled Unfold Your Mat holidays, you cannot purchase a monthly card. It is recommended you choose another option instead.

Starting with January 1st 2017, 5 and 10 sessions' card cannot be frozen during Unfold Your Mat's holiday breaks. The student is advised to choose the appropriate card option so that it can be used in a time span of 5, respectively 7 weeks prior to his/her holidays or Unfold Your Mat's break.

For 5 and 10 sessions' card, the student will receive a paper card which will be marked with the dates of the classes attended and signed by the teacher. The card needs to be presented to the teacher at the beginning of each class.

For drop in and monthly card, there is no need to receive a paper card.

In special situations and at the teacher's consent, all cards can be frozen under a certain period of time. This kind of situations might refer to: serious illness, cancellations done by the teacher in exceptional situations.

Make sure you make the most suitable choice for you prior to joining the classes.