

Terms and Conditions

This agreement is entered into between **For The Joy** (referred to as “we,” “us,” or “our”) and the undersigned participant (referred to as “you” or “participant”) regarding your participation in our yoga, vagal toning, and nervous system regulation classes. By joining these classes, you agree to the following terms:

Assumption of Risk

You understand that these classes involve physical movement, breathwork, and techniques designed to support nervous system regulation. While these practices are intended to be therapeutic, all movement and breathwork carry inherent risks, including the possibility of bodily injury. By participating, you assume full responsibility for any risks and acknowledge that you are engaging in these practices voluntarily.

Not a Substitute for Medical or Mental Health Care

Our classes are for educational and wellness purposes only. They are **not** a substitute for medical care, psychotherapy, or professional mental health treatment. You acknowledge that it is your responsibility to determine whether these practices are appropriate for you and to consult with your healthcare provider if needed.

Personal Responsibility

You affirm that you are responsible for listening to your body and making choices that support your well-being. You understand that:

- You are responsible for ensuring that you are physically and mentally able to participate.
- You may choose to modify or opt out of any movement or practice as needed.
- If you have any concerns about your ability to participate safely, it is up to you to seek medical or professional guidance.

Group Format & Confidentiality

Some classes may include optional check-ins or discussions. While we encourage a supportive environment, these classes do **not** constitute therapy or a therapeutic relationship. You acknowledge that confidentiality **cannot** be

guaranteed in a group setting and take personal responsibility for what you choose to share.

Liability Waiver

You agree to release, indemnify, and hold harmless **For The Joy**, its owners, instructors, employees, and affiliates from any and all liability related to your participation, including but not limited to injury, illness, or damages arising from your involvement in these classes.

Dispute Resolution

By signing this agreement, you waive your right to a trial by jury. Any dispute arising from this agreement shall be resolved through **binding arbitration** in accordance with the rules of the American Arbitration Association. The arbitration will take place in the jurisdiction where **For The Joy** is located, and the arbitrator's decision will be final.

This agreement is legally binding and cannot be modified orally. Your participation in these classes indicates your understanding and acceptance of these terms.