



During my online sessions, I shall provide instruction that I am qualified to give and I shall use all reasonable care and skill. However, any information or guidance I provide is not a substitute for the consultation, diagnosis or medical treatment of your doctor or healthcare provider.

These sessions are not suitable for medical counselling or treatment. If you have any doubts about suitability of the exercises, you should refer back to your medical practitioner. The teacher can accept no liability for personal injury related to participation in a session if: -your doctor has, on health grounds, advised you against such exercise or not given medical clearance to continue exercising. -you fail to observe instructors on safety or technique. -such injury is caused by negligence of another participant in class. Exercise should be performed at a pace which feels comfortable to you. Pain is the body's warning sign and should not be ignored. Please do not push through any exercises that cause any discomfort, pain, nausea or dizziness during a session. Please stop immediately if anything causes you pain. It is your responsibility to listen to your body and not to push it beyond its limits, taking a break whenever you wish.

If you have any specific questions or concerns about any medical matter, you should consult your doctor or healthcare provider as soon as possible. If you think you may be suffering from any medical condition, you should seek immediate medical attention from your healthcare provider. Do not delay seeking medical advice, disregard medical advice or discontinue medical treatment because of information or guidance I provide to you. My online group mixed level classes are not designed for pregnancies or anyone with serious injuries.

If you are pregnant, I recommend joining pre-natal Pilates classes where exercises are modified for your stage of pregnancy. Pilates exercises are very safe but, as with all forms of physical exercise, it is prudent to consult your doctor before starting any new exercises programme and by taking part in sessions, you confirm that you have been given permission by your GP.

I understand that I am taking part in Posie Pilates online group classes entirely at my own risk and I waive any legal recourse for damages to myself, loss, injury or property arising from my participation. By practicing with me online, you confirm that you have read, understood and agree to this statement of responsibility. I look forward to practicing with you!