

# ***Liability Waiver***

Please find below the waiver that you agree to when registering with SK Bodyworks.

## ***Pilates***

You acknowledge that you are participating in Pilates classes offered by Suzannah King at SK Bodyworks where you will receive information and instruction about pilates, physical exercise and self massage. You are fully aware that pilates requires physical exertion which may cause physical injury and you are fully aware of the risks and hazards involved.

If you have any medical conditions, health issues or injuries you will need your doctors or other health practitioners consent to state you are fit and healthy to participate in physical activity. Please advise Suzannah King before commencing any session if, for any reason, your health or your ability to exercise changes.

Pilates exercises are very safe but, as with all forms of physical exercise, it is prudent to consult your doctor before starting. These sessions and any advice given is not a substitute for medical counseling or treatment. If you have any doubts about the suitability of the exercises, stretches or any advice given, you should refer back to your doctor or health practitioner. Exercise should be performed at a pace which feels comfortable for you and pain is the body's warning system and should not be ignored. If you experience any pain, dizziness or shortness of breath, please stop immediately and consult your doctor or health practitioner.

With this knowledge, you confirm that you are making a voluntary choice to participate and engage in the classes or online videos and accept all and any risk associated with your decision to participate. To the best of your knowledge you are in good physical condition and have no disease, physical limitation, health concern or injury that would be aggravated or would be the cause of any injury sustained, before, during or as a result of you participating in activities related either directly and/ or indirectly to Suzannah King.

By taking classes with Suzannah King either virtually, in person or via their content online, you understand and agree that Suzannah King has no liability to you and will not be held responsible for any injury or loss you may suffer in connection with Suzannah King through attending and participating in any activity, class programme, private sessions or instruction.

## ***Massage***

Massage is very safe, but If you have any medical conditions, health issues or injuries you will need your doctors or other health practitioners consent prior to attending your massage session with Suzannah King, otherwise you do so at your own risk. You agree to inform Suzannah King at least 24 hours before the commencement of your massage session of any changes to your health that may or may not affect your treatment.

By receiving massage therapy with Suzannah King, you understand and agree that Suzannah King has no liability to you and will not be held responsible for any injury or worsening of any injury or health condition you may suffer through attending your massage treatments or during/ after any exercise or self massage homework that is given to you.

By signing up, you state that you have read and understood the above advice and information within this waiver and you voluntarily agree to the above liability waiver and terms and conditions under your own free will.