

Tracy L Watson Wellness Academy

Liability Waiver

I understand that yoga involves physical movement, stretching, and exercise, which may carry inherent risks. I affirm that I am in good physical condition and able to participate in yoga classes. I acknowledge that it is my responsibility to consult with a physician prior to and regarding my participation in any yoga program.

By signing below, I voluntarily assume full responsibility for any risks, injuries, or damages, known or unknown, that I may incur as a result of participating in classes, workshops, or events facilitated by Tracy L. **Watson Yoga** within **Inside Out Total Wellness**.

I release and hold harmless Tracy L Watson, Inside Out Total Wellness, and any associated instructors or facilitators from any and all liability, claims, demands, or actions arising out of or related to my participation.

Medical Conditions

Please list any medical conditions, injuries, or physical limitations that may affect your ability to participate in yoga classes in the form during checkout. This information will be kept confidential and used only to ensure your safety and comfort during practice.

Media Release Consent

Photos and/or videos may be taken during classes for promotional, educational, or marketing purposes. If I would like to not be included, I understand that I need to email Tracy L Watson directly to let her know. I understand that if I do not consent, reasonable efforts will be made to exclude me from any media content.

Privacy Policy Statement

Your personal information is collected solely for the purpose of class registration, communication, and emergency contact. It will not be shared, sold, or used for any purpose outside of Tracy L Watson Yoga and Inside Out Total Wellness operations.

All data is stored securely and handled in accordance with applicable privacy laws. You may request to view, update, or delete your information at any time by contacting Tracy Watson directly.

Cancellation Policy

Because classes at **Tracy L Watson Yoga** are offered in a 6-week series with limited spots, your registration reserves a place in a committed group. Please read the cancellation policy carefully before registering.

Before the Series Begins

- **Full Refunds** are available if you cancel **at least 7 days** before the start of the series.
- **Partial Refunds (50%)** are available if you cancel **within 7 days** of the start date.
- **No Refunds** will be issued once the series has begun.

After the Series Begins

- If you miss a class, unfortunately, **make-up sessions are not available** due to the structured nature of the program.
- If you experience an emergency or health issue, please contact me directly. I'll do my best to work with you compassionately and fairly.

Transfers

- Registrations are **non-transferable** to other series or individuals once the series begins.