



## SANGHA: Health, Wellbeing and Guidance

BWY Sangha is a series of yoga sessions, informative lectures and guest speaker talks, which will take place online for the first time this year. At our core remains our guiding philosophy to promote a greater understanding of yoga and its safe practice through experience, education, discussion, study and training.

### HEALTH QUESTIONNAIRE

BWY requires the completion of a health questionnaire prior to your participation in any sessions other than lectures and discussions. The questionnaire allows us to anticipate any risks you may not be aware of and we are not responsible for any physical or mental health injuries sustained during a session if you have not completed and returned the questionnaire to us, by the requisite time.

- **Taking care of your physical and mental health:**

If you have any physical or mental health concerns or are new to yoga and want to check whether you are fit to partake in a particular yoga exercise, you should seek appropriate medical assistance from a qualified professional. Neither BWY nor the session tutor is qualified to express an opinion that you are fit to safely participate.

- **Taking part in a practical session:**

When practising yoga, we encourage you to act responsibly and sensibly at all times. Never continue with a class or movement that feels too difficult or is beyond your ability or experience, and do not continue a class or movement where you feel discomfort. Before starting a practical session, make sure that you clear enough space to safely carry out the movements without hitting items around you and make sure your device is securely positioned. You must not take part if you are under the influence of alcohol or non-prescription drugs.

- **No medical advice:**

Participants are encouraged to use their discretion at all times. All content at Sangha is for general and informational purposes only. BWY does not make or encourage the making of any health claims. Any content in the sessions (including any information provided by guest speakers) should not be construed as medical advice or be relied upon for medical, diagnostic or treatment purposes, or as an alternative or substitute to seeking appropriate medical assistance where required.

- **Live sessions:**

Live sessions are streamed online and you (or anyone else that comes into the frame) may be seen by other participants. If you do not wish to be seen by others, please ensure you adjust your device settings to turn off your camera or webcam. We ask all participants to be respectful and mindful of others during the live sessions but BWY cannot control any content shared by other participants on their screen. Please note that although you may appear on video link during the live stream of the class, the instructor may not be able to see you as clearly or instruct you individually as well as during a face to face class.

- **Protecting your personal information:**

Please note that BWY will forward your Health Questionnaire to the tutor(s) of the sessions you are attending. BWY will not use the information for any other purpose whatsoever. Tutor(s) will be instructed to use your information only for the purpose of teaching you during the Sangha session and to permanently delete your information afterwards. BWY will securely store your Health Questionnaire electronically for seven years, after which time it will be permanently deleted.

## SHARING CONTENT

The pre-recorded and live sessions are solely for the benefit of those who have purchased a ticket for attendance. You must not record or share any of the sessions or parts of them with anyone else. You must not share any other content or material that you receive during Sangha with anyone else. Please note that where a session is pre-recorded, we are unable to adapt it to suit any particular requirements.

## CLAIMS BY GUEST SPEAKERS

The purpose of Sangha is to provide a forum to share ideas, opinions and experiences, to encourage the discussion and study of topics and themes related to yoga, and to encourage and explore the practise of Yoga. Opinions or claims that are expressed by any guest speaker that is not affiliated with BWY are the opinions or claims of those speakers and are not necessarily those of BWY. Although we take reasonable efforts to carefully choose our guest speakers, we cannot guarantee that all information and claims made by the speakers in the sessions will be factual or accurate.

## ADVERTISEMENTS OR PROMOTIONS

Any advertisements or promotions shared by any guest contributors during the sessions are not an endorsement or an approval by BWY of any product, service or entity contained in the advertisements or promotions and you are encouraged to exercise discretion and carry out appropriate due diligence prior to purchasing any product or service.