



Health & Medical Disclaimer for Online Classes

Rosalyn Griffith (YogaRos) strongly recommends that you consult with your doctor before beginning any exercise. You should be in good physical condition and be able to participate in the exercise, or movements without strain and Listen to Your Body throughout the class. Rosalyn Griffith (YogaRos) is not a licensed medical provider and has no expertise in diagnosing, examining, or treating medical conditions of any kind, or in determining the effect of any specific exercise on a medical condition.

Please understand that when participating in any exercise or exercise class there is a possibility of physical injury. If you engage in this exercise or movement class, you agree that you do so at your own risk, are voluntarily participating in these activities, assume all risk of injury to yourself, and agree to release and discharge Rosalyn Griffith from any and all claims or causes of action, known or unknown, arising out of Rosalyn Griffith.

Any information I provide is based on my personal experience as a qualified Yoga & Pilates Instructor and Somatic Movement Coach. The information contained in my website, blog, e-mails and online services is for educational and informational purposes only, and is made available to you as self-help guidance for your own use. You are acknowledging that you are participating voluntarily in using my website, blog, or e-mails or online services and you are solely and personally responsible for your results. The information provided is not intended to be a substitute for professional medical advice, diagnosis or treatment. Never disregard professional medical advice, or delay in seeking it, because of something you have read on this website. Never rely on information on this website in place of seeking professional medical advice.

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