

MEMBERSHIP TERMS AND CONDITIONS

Definitions

Escott Ltd, supplier, provider, us, we

Member Members you, your, their, they

Yoga Body Mind Breath

Escott Ltd will deliver products (E-Yoga Time for You) and services (E-Online Livestream Broadcasting Virtual class or classes) that share a relationship an interconnection with Yoga Body Mind Breath. This will come in the form of:

- 1) Yoga information, knowledge, skills, expertise, experience, movement, awareness, and guidance
- 2) Body information, knowledge, skills, expertise, experience, movement, awareness, and guidance
- 3) Mindful information, knowledge, skills, expertise, experience, movement, awareness, and guidance
- 4) Breath information, knowledge, skills, expertise, experience, movement, awareness, and guidance
- 5) Electronic PDF Format Publication via subscription. Information, knowledge, skills, expertise, experience movement, awareness, and guidance

Free Membership for Online Livestream Broadcasting Virtual Class or Classes

To be a member of Escott Ltd:

- 1) Agree to Terms and Conditions
- 2) Fill in Why Yoga for You form
- 3) Agree to being on Escott Ltd mailing list to receive class invitations
- 4) Be 18 years of age or older
- 5) The Membership is for the named person only

Subscription Membership E-Yoga Time for You + Online Livestream Broadcasting Virtual Class or Classes

The subscription for Escott Ltd E-Yoga Time for You Members only. This is a monthly electronic PDF format publication relating and sharing subjects on Yoga, Body Mind Breath.

- 1) Agree to Terms and Conditions
- 2) Fill in Why Yoga for You form
- 3) Agree to being on Escott Ltd mailing list to receive class or classes invitations
- 4) Monthly copy of E-Yoga Time for You publication
- 5) Be 18 years of age or older
- 6) The membership is for the named person only
- 7) Publication date 1st day of calendar month
- 8) Subscription for 12 copies £12 paid in full

Hatha Pregnancy Yoga class or classes

- 1) Member to be 14 weeks pregnant or over
- 2) Member to check with GP and or Midwife that they are suitable for the practice of Pregnancy Yoga class or classes, or if they have any concerns regarding their pregnancy.

The title 'Member' or 'Members'

This is the named person only that has registered on the form filled in 'Why Yoga for You'.

Members Login Area

- 1) Members only will be able to access the Login Area. Escott Ltd will email from emma@escottltd.co.uk Members User Name and Password, the Member can change their Password
- 2) Escott Ltd will add Members information under either 'Notes' or 'Files'
- 3) **'Notes'** will have invite links to the class or classes the Member has booked. Also, copy of the 'Updated Health and Indemnity Form' link if the Members health conditions have changed and they need to notify Escott Ltd of any changes.
- 4) **'Files'** will have a copy of any PDF documents that are available for the class or classes booked by the Member. Also, if the Member has signed for the Subscription Membership E-Yoga Time for You, a copy of the PDF will be available here.
- 5) Documents are Escott Ltd and the Members only

Payment for class or classes and E-Yoga Time for You

Online via PayPal or Credit and Debit cards.

Prices and Charges

Escott Ltd has the right to change any price or charges without prior notice. Price and charges are agreed at time of confirmed booking.

Refunds

When necessary Escott Ltd will issue a refund if:

- 1) Escott Ltd is unable to deliver and perform the scheduled class due to illness, unexpected or unprecedented circumstances
- 2) Escott Ltd technology connection failure.
- 3) Escott Ltd is unable to produce a pre-paid monthly edition of E- Yoga Time for You electronic PDF format publication due to illness, unexpected or unprecedented circumstances

Communication

For all communication, please email emma@escottltd.co.uk where necessary Escott Ltd will reply back within a suitable and relevant time frame.

Invites

Escott Ltd Members will receive and get access to their invitations:

- 1) Class invitations will be emailed from emma@escottltd.co.uk notifying Members on the next class or classes details.
- 2) An invitation link for the scheduled class or classes on time and date booked will be emailed to the Members on receipt of payment. This is an automated process.
- 3) A copy of the invite link for the class or classes booked will be available by visiting the Members Login page of www.escottltd.co.uk under 'Notes'. Detailing the Name of the Class, Date, and Time of the class or classes
- 4) Escott Ltd will also email you a copy of the invite link the day of your Class or Classes

Bookings

This is an automated process.

1) All bookings are processed online, there is a PDF walk through of the booking process available to explain and guide you through each stage of your booking, these details are sent with your class invitation to help and assist if the process is unclear. Any problems please contact emma@escottltd.co.uk

2) All bookings to be booked before the stated cut off time, which is the day before the class or classes date, allowing Escott Ltd time for any problems to be resolved in a suitable time frame.

Health and Indemnity form

If the Member is ever unsure if they are suitable to practice or take part in the class or classes, please contact your GP, Surgeon or Consultant for permission, advice, and reassurance.

1) Only the named person on the registration form to practice the class or classes booked

2) A compulsory Health and Indemnity Form to be filled in. This will be emailed from emma@escottltd.co.uk to the New Member once they have registered as a Member

3) The Member to notify Escott Ltd if their health conditions have changed since they last filled in the Health and Indemnity Form. A copy of the Form named 'Updated Health and Indemnity Form' will be available by visiting the Members Login page at www.escottltd.co.uk under 'Notes'.

4) When necessary Escott Ltd will require written confirmation from the Members GP, Surgeon or Consultant to support the safety and care of the Members practice.

Your Membership privacy

Escott Ltd Members Membership data is stored securely and encrypted

- 1) Escott Ltd will not sell the Members data to a 3rd party
- 2) Escott Ltd follow the GDPR law that came into practice May 25th, 2018. Full GDPR details available on request at emma@escottltd.co.uk

Your Membership Data

Escott Ltd will use the Members Membership data for the below purpose:

- 1) To advise the Member of the details, information, services, and products in relation to their relevant Membership.

Class details:

- 1) Escott Ltd deliver the class or classes via an online livestream broadcasting virtual service
- 2) Members will be advised on each invitation from emma@escottltd.co.uk the class subject, date, time, duration, cost, payment link, venue (Members choice), closing date
- 3) Locations or venues for Members is their choice. Home, garden, garden room. A place for themselves
- 4) Will the Member receive a recording afterwards?

There will not be a class recording shared afterwards – these are offered as online livestream broadcasting class or classes only so please join Escott Ltd live for the full experience.

- 5) What about the Members video and sound?

The Member is welcome to have their video enabled if they want to, depending on the Members video setup it allows Escott Ltd to interact visually with the Member,

equally the video turned off gives the Member their own privacy of 'me time'. Please keep your microphone muted though. When necessary Escott Ltd will mute any unmuted devices. At the end of the class or classes there will be an opportunity to share and communicate.

6) Will the class or classes have any music?

Music is a personal choice. Escott Ltd will not deliver the class or classes with music. However, if the Member chooses to play music to personalise their practice that is their decision.

7) What should the Member do if they miss part of the class?

As much as possible the Member to please try to respect the start and finish time of their class or classes, remember this is your "time for you" experience, treat the class as you would when practicing an in-person class. However, if the Member does need to arrive late or leave early the Member to please be mindful to have their microphone muted as they enter or leave the online classroom to avoiding disturbing the class or classes.

8) Escott Ltd reserves the right to remove anyone that is disrespectful or disruptive behaviour during the class or classes with audio or video content. Refunds will not be issued for anyone removed and persistent offenders will have their Membership revoked.

Technology

Escott Ltd are not responsible for:

- 1) The technical device the Member choose to receive the online livestream broadcasting virtual class or classes on
- 2) The quality the online livestream broadcasting virtual class or classes is received to the Member

3) If the Members device were to become damaged during their online livestream broadcasting virtual class or classes

Platforms, Providers and Online Access

1) The Member will need to have access to Zoom or Microsoft Teams on their technical device, otherwise the Member will not be able to access the class or classes. Downloads can take 10-15 minutes, so please download, and install “Zoom Client for Meetings” or “Microsoft Teams Client for Meetings”. The downloads links will be sent to each Member for each class or classes with your invitation from emma@escottltd.co.uk If the Member arrives before the class or classes are due to start, there will be a waiting screen displayed 10 minutes prior to start time whilst the Member settles down and prepares for their online Yoga Body Mind Breath experience.

Dates and Times

For the scheduled date and time only

Equipment, Yoga Mat and Props

The Member to supply their own technical device, yoga mat and props that will assist in creating their most comfortable and enjoyable experience for their Yoga Body Mind Breath. Members choice of: yoga belt or strap a dressing gown belt is also okay, blocks, cushions, bolsters, pillows, blankets, eye bag, stability ball, any equipment that allows the Member to indulge in their practice, class, or classes, and if possible, a quiet space in the Members home.

Responsibility and accountability

Escott Ltd take care, consideration, and attention to the content and delivery of the service, and products provided. Equally, the Member takes responsibility and accountability for themselves and their choices, decisions they make with the use of their:

1) Yoga Body Mind Breath

- 2) Dog
- 3) Venue
- 4) Technology
- 5) Equipment
- 6) Yoga Mat
- 7) Props

Satisfaction and Feedback

Feedback positive and upshifting is always welcome to allow Escott Ltd to continue to deliver at this level. Any feedback please email emma@escottltd.co.uk

Equality

Escott Ltd agrees that a Member has the right to choose to cancel their Membership, not participate in a class and or classes. Equally, Escott Ltd has the right to refuse or cancel a Membership for any services or products that are offered and provided without having to give or explain a reason for this decision.

Cancellations

To cancel your Membership and unsubscribe please email emma@escottltd.co.uk