

Jo-Anne Munt Yoga/Pilates

☎ 07726215526

Barefoot, Island Harbour Marina, Mill Lane, Newport, IOW, PO30 2LA
joannemunt@yahoo.co.uk

Disclaimer:

Please take note of the following precautions before taking the class:

To reduce and avoid injury, ensure you have completed a Health Questionnaire and that this is within the last 12 months, if not then please update this and return. If at all unsure you may prefer to check with your GP before participating in any of the classes. Please notify me prior to the class of any new condition that I am not aware of... i.e. achy shoulder, painful knee etc.

By participating in the classes, you are doing so at your own risk. Jo-Anne Munt will not be responsible or liable for any injury or harm you sustain as a result of your class.

If at any point during the class you begin to feel faint, dizzy or have any physical discomfort, you should stop immediately and seek medical advice.

Please use good judgement and common sense when taking the class, consider your level and ability and choose the appropriate level of the exercises and rest when you need to.

Please be aware that its not just me that can see everyone it is all the participants. I need to make your aware of this due to the GDPR regulations. If this is not agreeable to you, perhaps we could come to arrangement whereby you turn off your video and just look and listen. This is a viable option if you are used to my classes and my instructions plus very mindful of your principles and movements. Therefore once in the class or waiting room, check you have unmuted to speak to me at first, just to say hi and verbal health screen and then mute, plus follow the instructions to pin or spotlight me (teacher).

Enjoy!

Jo-Anne Munt
Yoga and Pilates Teacher