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Tatva Wellness Ltd. and our affiliates (“Tatva”) website and apps, owned and operated by Tatva (“Website”) is an intelligent tool which provides members and subscribers (1) high quality classes, (2) educational material and (3) a community of people interested in living their true potential. The Website is owned by Tatva and some functions of its delivery is provided by 3rd parties under direct contract. These Terms & Conditions of Use (this “Agreement”) apply to: (1) all of the products, services and websites offered by Tatva, including, but not limited to, the Website; (2) mobile, tablet, smart television, or other digital or electronic versions of the Tatva video streaming platform; (3) any Tatva software; and (4) any applications created by Tatva whether available through a social networking site or its subsidiaries or affiliated companies (collectively, the “Service”). Please note that the availability of any Tatva applications on a social networking site, mobile or tablet device, internet television or other technology platform does not indicate any relationship or affiliation between Tatva and such social networking site, mobile or tablet device, or smart television or other technology platform. This Service is not directed to persons under eighteen (18) years of age.

## **Disclaimer**

Physical exercise, in all of its forms and with or without the use of equipment such as blocks, straps, wearables or any other equipment that may be suggested by a Tatva instructor, is a strenuous physical activity. Accordingly, you are urged and advised to seek the advice of a physician before beginning any physical exercise regimen, routine, program or using any suggested equipment. Tatva is not a medical organisation and its instructors or staff cannot give you medical advice or diagnosis. All suggestions and comments relating to the use of equipment, poses, movement, breath and instruction are not required to be performed by you and are carried out at your election while participating online or from Tatva videos. Nothing contained in the Service should be construed as any form of such medical advice or diagnosis. By using the Service, you represent that you understand that physical exercise involves strenuous physical movement, and that such activity carries the risk of injury whether physical or mental. You understand that it is your responsibility to judge your physical and mental capabilities for such activities. It is your responsibility to ensure that by participating in classes, courses, programs, and activities from Tatva, you will not exceed your limits while performing such activity, and you will select the appropriate level of activity for your skills and abilities, as well as for any mental or physical conditions and/or limitations you have. You understand that, from time to time instructors may suggest physical adjustments or the use of equipment and it is your sole responsibility to determine if any such suggested adjustment or equipment is appropriate for your level of ability and physical and mental condition. You expressly waive and release any claim that you may have at any time for injury of any kind against Tatva, or any person or entity involved with Tatva, including without limitation its directors, principals, instructors, independent contractors, employees, agents, contractors, affiliates and representatives. Additional conditions apply for participation in Prenatal Yoga Classes and Childrens Yoga

Classes. Prenatal Yoga Class participation. If you have a regular yoga practice before becoming pregnant, then you may start prenatal yoga as advised by your medical professional. If you are new to yoga, prenatal yoga is suitable from your second trimester and as advised by your medical professional. You accept full responsibility to disclose to Tatva all information regarding your health relevant to the practice of yoga during your pregnancy. You take full responsibility for all applications of yoga you practice in the class and outside the class during your pregnancy. You fully understand that the recommendations, ideas or techniques expressed and described in these prenatal yoga classes cannot be regarded as substitute for the advice of qualified medical practitioners. Any uses to which recommendations, ideas and techniques are provided are at your sole discretion and risk. Children's Yoga Class Participation. Parental or guardian consent is required for all children who will participate in Children's Yoga LIVE Online with Tatva prior to the child taking part in any classes. A child is anyone under the age of 18. Parent or guardian must visibly be with the child during their participation in any Children's Yoga Class. You provide your consent:

- 3.1. To allow your child to participate in the LIVE Online Yoga Classes which you register your child
- 3.2. For Tatva to maintain a record of your child's name, age, general health and medical conditions and emergency contact information for health and safety reasons
- 3.3. For your child to be filmed or photographed during the activity, with the possibility that these photographs/media recordings may be used for publications or marketing programs. You may withdraw consent for Tatva to use the photographs / media recordings in writing at any time.
- 3.4. You understand that your child needs to follow any behaviour code and any safety rules so that Tatva can keep them and other children safe.
- 3.5. You take full responsibility to advise Tatva in writing if any changes to this information about your child

Parents and carers must make arrangements for the child to be brought to the place where they will participate in the Online Yoga Class activity safely and on time. and for the technical requirements to establish the online session. If you or a carer is not able to be with their child or nearby during the class, you need to inform Tatva or Tatva instructor in advance with name of who will be overseeing your child's participation in the class or activity.