



## TERMS AND CONDITIONS

### MIND OVER BODY WEIGHT MANAGEMENT PROGRAMME™

All courses are over an eight-week duration and must be paid for in full upon enrolment.

All course fees are non-refundable.

Those starting a weight loss programme are advised to consult their medical practitioner.

Those with pre-existing medical conditions, injuries or special dietary requirements which could be aggravated by attending this programme, those currently pregnant or who might become pregnant during the programme are all advised not to enrol.

By signing the acceptance below of our terms and conditions you declare that there is no health or other reason why you should not participate in this programme.

Participants taking part in the eight week MIND OVER BODY programme do so at their own risk and are responsible for their own actions.

The owners or staff of MIND OVER BODY will not be held responsible for any injury, illness or other medical conditions which result from you participating in this programme except where the injury, illness or medical condition is caused by the wilful default or gross negligence of MIND OVER BODY.

We ask that you take responsibility for your own health over the course of the MIND OVER BODY WEIGHT MANAGEMENT PROGRAMME.

If you need to cancel or reschedule a session please give at least 24 hour's notice. If there is less than 24 hours a full session fee will be charged.