**Disclaimer**

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By completing this registration form you are declaring you are free from any injury or any conditions and taking part physical activity will not exacerbate any existing symptoms or cause you injury or harm. Always check with your healthcare practitioner before starting any new physical activity. You are responsible for your health and safety. Dance Mama is not liable for any injury or harm by you taking part in this programme.

If you are a new parent, you will not be eligible to take part in the physical workshops if you are under 6 weeks postpartum as you will not have had the opportunity to pass your 6-week health check.

*Authored by Dance Mama, July 2023*