

## REGULATIONS FOR STUDENTS OF ASHTANGA SHALA KRAKOW

These regulations apply to access to the school and the use of services offered by Ashtanga Shala Krakow, which is provided by 'Inner Stage Sp z o. o', located at ul. Szpitalna 36-6, 31-024, Krakow, NIP 676-26-92-494, REGON 541539792, hereinafter referred to as the School. The person using the school's services is hereinafter referred to as the Student.

---

### §1. Passes and Payments

1. Participation in classes is allowed only for persons who have a valid pass or pay a single-entry fee before class.
2. A pass is valid only within the specified period and cannot be extended. No refunds are given for unused entries.
3. Each pass has specific validity dates during which it can be used.
4. A pass serves as an entry ticket to the exercise room where selected classes are conducted.
5. A pass entitles the Student to attend regular yoga classes, according to the terms specified for each type of pass and within the School's current schedule.
6. The School reserves the right to make changes and updates to the class schedule, including changes due to public holidays, teacher substitutions, seasonal attendance drops, etc. The current schedule is available at [www.ashtangakrakow.com](http://www.ashtangakrakow.com).
7. The number of spots in classes is limited. If there are no spots left, registration order determines priority. You can register at the school reception or online through the Fitsy APP.
8. All passes are personal and cannot be used by third parties.
9. The sale of passes requires registration of the Student's personal data. The Student is obliged to provide true personal information. By registering, the Student agrees to the storage and processing of their personal data by the School for the purpose of service provision.
10. A registered Student receives access to their profile in the "Fitsy" on [www.ashtangakrakow.com](http://www.ashtangakrakow.com), where they can book and cancel classes, check contract validity, make payments, and track their class activity.

11. The Student's personal data is used for providing information about the School's offers, only with separate consent from the person providing the data.
  12. The storage and processing of received personal data is conducted in compliance with the Personal Data Protection Act and GDPR. Each person has the right to access, correct, and update their personal data.
- 

## **§2. Use of Services**

1. Persons authorized to attend classes under §1 are entitled to:
  - use the exercise room during scheduled classes,
  - use equipment provided by the school such as mats, blocks, and ropes,
  - use their own yoga mat in the exercise room,
  - receive advice and guidance from the class instructor.
2. Each class follows a cohesive exercise program. For this reason, those who wish to benefit from the teacher's guidance should arrive on time.
3. To maintain comfort and focus for participants, entry after class has started is not allowed unless permitted by the instructor.
4. Students should not leave class before it ends unless there is a valid reason, as it disrupts others.
5. The School is not responsible for the effects of exercises performed independently without the teacher's guidance. Individuals who choose to exercise on their own acknowledge the potential health risks.
6. For hygiene and comfort, entering the exercise room in shoes or outerwear is not allowed. Use of electronic devices or bringing unnecessary items into the room is prohibited.
7. Only healthy individuals without medical contraindications may participate. Students with health issues must inform the teacher before class or during it if unexpected situations arise. The School is not responsible for health problems if such conditions are not disclosed. Teachers have the right to refuse entry to anyone suspected of having

medical issues or not following instructions.

8. Students are obliged to:

- maintain silence and cleanliness in the room and respect generally accepted standards of good behavior,
- follow the rules for using school rooms and equipment as communicated by staff and teachers,
- secure valuables, as the School is not responsible for items left in the changing room,
- return used equipment to its place after use,
- act in a way that does not disturb others or damage the property or premises.

9. The teacher has the right to deny access to the exercise room, even during class, without providing a specific reason. In such cases, the School will refund the unused portion of the fee unless the denial is due to violation of these regulations.

---

### **§3. Final Provisions**

1. All comments regarding the School's operations and suggestions for changes can be submitted in writing or verbally to staff or to the management at [ashtangakrakow@gmail.com](mailto:ashtangakrakow@gmail.com) .
2. Complaints about services should be sent via email to [ashtangakrakow@gmail.com](mailto:ashtangakrakow@gmail.com) . Complaints must be submitted no later than 14 days after the event causing the complaint. They will be reviewed within 14 days of receipt, and the decision will be final.
3. Persons under the influence of alcohol or drugs will not be allowed on the School premises.
4. It is strictly prohibited to adjust technical equipment (e.g., audio, heating, ventilation) without school staff consent.
5. By purchasing a pass, the individual agrees to comply with these Regulations.