

HSTCC Enrolment Agreement (“Terms and Conditions”)

As a condition of enrolling in any HSTCC class (or event or course) you are agreeing to make the following declarations as a true reflection of your intentions:

1. I will not record or disseminate in any way the instructions given to me by HSTCC teachers. Nor will I attempt to teach what I have been taught to others, unless and until I have been trained and authorised by the Tai Chi Foundation (TCF).
2. I understand that Tai Chi & Qigong involves physical and mental exercises, and I take responsibility for my own health and well-being in participating in these exercises.
3. I also take responsibility for ensuring that I am always practising in a safe space that is clear of obstructions or any other conditions which create a risk in doing the work.
4. I am aware that nothing said in class (eg about the benefits of Tai Chi or Qigong) is intended as medical guidance for me as an individual, and I will not treat it as such.
5. I participate at my own risk, and I release HSTCC (and TCF) from any liability or claim of any kind that might be related to my involvement in classes (or events or courses).