

Terms and Conditions



Terms and Conditions	1
Privacy Policy	9

Terms and Conditions

Last Updated: 20.5.2026

Welcome to Life Management Yoga Centre (“**LMYC**”). These Terms and Conditions (the “**Terms**”) govern your access to and use of our website [yoga.org.hk] (the “**Site**”), and the Services we provide. By using the Site or the Services, you acknowledge that you have read and understood these Terms and agree to be legally bound by them.

1. Definitions

- 1.1. “User”, “You”, or “Your” means any person who accesses or uses the Site or the Services.
- 1.2. “Services” means the bookings, classes, memberships, packages, workshops, teacher training programmes, courses and other related services we provide in-person or online, as well as access to and use of our studio facilities.
- 1.3. “Member” means a registered user who has purchased any of our Services.
- 1.4. “Content” means all text, graphics, logos, images, audio, video and other materials on or made available through the Site.

2. Acceptance of Terms

- 2.1. These Terms apply to all Users and Members of the Site and the Services.
- 2.2. We reserve the right to amend these Terms at any time. Any amendments take effect when posted on the Site. Your continued use of the Site or the Services after any amendments are posted constitutes your acceptance of the amended terms.
- 2.3. You are responsible for reviewing these Terms to stay informed of any updates.

3. Use of Site and Services

3.1. Eligibility

3.1.1. You must be at least 5 years of age to use our Services independently. Users under 18 may participate only with the consent of a parent or legal guardian and where appropriate, under their supervision.

3.1.2. You must be physically and mentally capable of participating in the Services. If you have any medical conditions, injuries, or health concerns, you must consult a qualified healthcare professional before participating.

3.2. Account Registration

3.2.1. To access certain Services, you may be required to create an account and provide accurate, current and complete information.

3.2.2. You are responsible for maintaining the confidentiality of your account credentials and for all activities that occur under your account.

3.2.3. You must notify us immediately of any unauthorised use of your account.

3.2.4. We reserve the right to suspend or terminate accounts that violate these terms.

3.3. Permitted Use

3.3.1. You agree to use the Site and the Services only for lawful purposes and in accordance with these Terms. You shall not:

3.3.1.1. use the Site or the Services in any way that violates any applicable Hong Kong laws or regulations;

3.3.1.2. transmit any harmful, threatening, or otherwise objectionable material;

3.3.1.3. interfere with or disrupt the Site or servers connected to the Site;

3.3.1.4. use any automated systems or software to extract data from the Site without our written consent; or

3.3.1.5. reproduce, duplicate, copy, sell, or exploit any portion of the site or content without our express written permission.

4. Services

4.1. Class Bookings and Attendance

4.1.1. Bookings are subject to availability and must be made through the Site, or our authorised booking channels.

4.1.2. You must arrive on time for scheduled classes and bookings. Late arrivals beyond 15mins into the class may not be permitted entry to maintain class quality and safety.

4.1.3. We reserve the right to cancel or reschedule classes and bookings due to insufficient enrollment, or other circumstances beyond our control.

4.1.4. If we cancel a class, you will be offered class credit.

4.2. Health and Safety

4.2.1. You acknowledge that yoga and other physical activities involve inherent risks of injury.

4.2.2. You represent that you are in good physical and mental health and have no medical conditions that would prevent safe participation in the Services.

4.2.3. You must inform instructors of any injuries, medical conditions, or limitations before class.

4.2.4. You participate in all classes and activities at your own risk and are responsible for knowing your own physical limitations.

4.2.5 Instructors may provide physical adjustments to assist with posture.

Members reserve the right to decline these adjustments and must explicitly notify the instructor of their preference.

4.2.6. You agree to follow all instructions from instructors and studio rules to ensure safety.

4.3. Studio Rules

4.3.1. All Members must comply with all rules, including

4.3.1.1 maintaining cleanliness and hygiene standards;

4.3.1.2. respecting other participants, instructors, and staff;

4.3.1.3. switching mobile phones to silent mode during classes;

4.3.1.4. not recording or photographing any part of a class without our prior written consent;

4.3.1.5. following proper equipment use and care guidelines;

- 4.3.1.6. not eating food, opening drinks or drinking from spillable containers in the studio; and
- 4.3.1.7. Not engaging in solicitation or providing personal training or instruction for compensation on our premises without our prior written consent.

5. Payments and Pricing

5.1. Fees and Payment

- 5.1.1. All prices are displayed in Hong Kong Dollars and may be changed from time to time.
- 5.1.2. Unless otherwise stated, fees must be paid in full at the time of booking or purchase.
- 5.1.3. We accept payment methods including credit cards, debit cards...
- 5.1.4. All payments are processed securely through authorised payment providers.

5.2. Memberships and Packages

- 5.2.1. Memberships, class packages, workshops, and bookings are personal, and non-transferable, unless otherwise specified in writing.
- 5.2.2. Where applicable, memberships will auto-renew unless cancelled in accordance with our cancellation policy in force at the time.
- 5.2.3. Class packages have expiry dates as specified at the time of purchase and are non-refundable unless specified in writing or required by law.
- 5.2.4. Unused classes or sessions do not carry over beyond the applicable expiry date.

5.3. Refunds and Cancellations

- 5.3.1. Cancellations of the Services must be made at least 4 hours before its scheduled time.
- 5.3.2. Late cancellations or no-shows may result in the loss of the class credit.
- 5.3.3. Cancellations for medical reasons may be considered if you provide a valid medical certificate prior to the class.

5.3.4. A minimum number of participants may be required for classes to proceed.

5.3.4.1. Morning/afternoon classes require a minimum of 1 participants;
and

5.3.4.2. Evening classes require a minimum of 1 participant.

5.3.5. We may cancel or reschedule a class if the minimum is not met, in which case you will be offered a replacement class or credit.

5.3.6. Refund requests will be considered on a case-by-case basis and may be granted or refused at our sole discretion.

5.3.7. Refunds, if approved, will be processed within 14 business days to the original payment method.

5.3.8. No refunds will be issued for partially used memberships or packages unless required by law.

6. Intellectual Property Rights

6.1. Ownership

6.1.1. All Content on the Site, including but not limited to text, graphics, logos, images, videos, audio clips, software and data compilations, is the property of LMYC or its licensors and is protected by Hong Kong and international copyright, trademark and other intellectual property laws.

6.2. Limited License

6.2.1. We grant you a limited, non-exclusive, non-transferable, and revocable license to access and use the Site and Content for your personal, non-commercial use only.

6.2.2. You may not reproduce, distribute, modify, create derivative works of, publicly display, publicly perform, republish, download, store or transmit any Content without our prior written notice.

6.2.3. Nothing in these Terms grants you any right, title, or interest in or to any intellectual property rights owned by LMYC.

7. Privacy and Personal Data

7.1. Your privacy is important to us. Our collection, use and protection of your personal data is governed by our Privacy Policy, which forms an integral part of these Terms. By using our Site and Services, you consent to the collection and use of your personal data as described in our Privacy Policy and in accordance with the Personal Data (Privacy) Ordinance (Cap.486) of Hong Kong.

8. Limitation of Liability

8.1. Disclaimer of Warranties

8.1.1. The Site and the Services are provided “as is” and “as available” without any warranties of any kind, either express or implied.

8.1.2. We do not warrant that the Site will be uninterrupted, error free, secure, or free of viruses or other harmful components.

8.1.3. We make no representations or warranties about the accuracy, completeness, or suitability of any Content or Services.

8.2. Limitation of Liability

8.2.1. To the Maximum extent permitted by Hong Kong law you acknowledge that your use of the Site and participation in classes and activities is at your sole risk.

8.2.2. We shall not be liable for any direct, indirect, incidental, special, consequential or punitive damages arising out of or relating to your use of the Site or Services, including but not limited to personal injury, property damage, loss of profits, or loss of data.

8.2.3. Our total liability to you for any claims arising from your use of the Site or Services shall not exceed the amount you paid to us in the six months preceding the claim.

8.2.4. Nothing in these Terms excludes or limits our liability for death or personal injury caused by our negligence, fraud, or any other liability that cannot be excluded or limited under Hong Kong law.

8.3 Assumption of Risk

8.3.1. You expressly acknowledge and agree that participation in our classes and physical activities involves inherent risks of physical injury. You voluntarily assume all risks associated with such participation and agree to hold LMYC, its directors, officers, employees, instructors, and agents harmless from any claims, demands, or causes of action arising from your participation.

9. Indemnification

9.1. You agree to indemnify, defend and hold harmless LMYC its directors, employees, instructors, agents and licensors from and against any and all claims, liabilities, damages, losses, costs, expenses, or fees arising from:

9.1.1. Your use of the Site or Services

9.1.2. Your violation of these terms

9.1.3. Your violation of any rights of another party or entity

9.1.4. Your violation of any applicable laws or regulations.

10. Third Party Links and Services

10.1 Our Site may contain links to third party websites or services that are not owned or controlled by us.

10.2. We have no control over and assume no responsibility for the content, privacy policies, or practices of any third party website or services.

10.3. You acknowledge and agree that we shall not be responsible or liable for any damage or loss caused by your use of any third party websites or services.

10.4. We recommend that you review the terms and conditions and privacy policies of any third party website you visit.

11. Termination

11.1. We reserve the right to suspend or terminate your access to the Site and Services at any time, with or without notice, for any reason, including but not limited to violation of these Terms.

11.2. Upon termination, your right to use the Site and Services will immediately cease.

11.3. Termination of your account does not relieve you of any obligations incurred prior to termination.

11.4. Provisions of these Terms that by their nature shall survive termination shall survive, including but not limited to intellectual property rights, limitation of liability, indemnification, and dispute resolution.

12. Governing Law and Jurisdiction

12.1. These Terms shall be governed by and construed in accordance with the laws of the Hong Kong Special Administrative Region of the People's Republic of China ("HKSAR"). All parties agree to submit to the jurisdiction of the court of the HKSAR.

13. Dispute Resolution

13.1. In the event of any dispute, controversy, or claim arising out of or relating to these Terms or the breach thereof, the parties agree to first attempt to resolve the matter through good faith negotiations.

13.2. If the dispute cannot be resolved through negotiations within thirty days, either party may submit the dispute to mediation before resorting to litigation.

14. Waiver

14.1. Our failure to enforce any right or provision of these Terms shall not constitute a waiver of such right or provision unless acknowledged and agreed to by us in writing. No waiver of any term shall be deemed a further or continuing waiver of such term or any other term.

15. Entire Agreement

15.1. These Terms, together with our Privacy Policy and other legal notices or additional terms published on the Site, constitute the entire agreement between you and LMYC regarding your use of the Site and Services and supersede all prior agreements and understandings, whether written or oral.

16. Contact Information

16.1. If you have any questions, concerns or complaints regarding these Terms, please contact us at :

Life Management Yoga Centre

Address: Room 1101-1102 Kimberley House, 35 Kimberley Road, T.S.T, Hong Kong

Email: life@yoga.org.hk

Phone: 6277 1111

17. Language

17.1. These Terms are drafted in English. If these Terms are translated into any other language, the English version shall prevail in the event of any inconsistency or dispute.

Privacy Policy



Privacy Policy

Last Updated 20.5.2026

Life Management Yoga Centre (“LMYC” “we”, “us”, and “our”) respects your privacy and is committed to protecting your personal data. This Privacy Policy explains how we collect, use, disclose, and safeguard your personal data when you visit our website [yoga.org.hk] (the “Site”) and use our Services.

This Privacy Policy is prepared in compliance with the Personal Data (Privacy) Ordinance (Cap.486) of Hong Kong and should be read in conjunction with our Terms and Conditions.

By using our Site and Services, you acknowledge that you have read and understood this Privacy Policy and consent to the collections, use, and disclosure of your personal data as described herein.

1. Definitions

1.1. “Personal Data” means any data relating to an identified or identifiable individual, including but not limited to name, contact information, identification numbers, and any other information that can identify you.

1.2. “Services” means the bookings, classes, memberships, packages, workshops, teacher training programmes, courses and other related services we provide in-person or online, as well as access to and use of our studio facilities.

1.3. “Data Subject” means the individual to whom personal data is related.

1.4. “Data User” means the company as the entity that controls the collections holding, processing or use of personal data.

1.5. “Processing” means any operation performed on personal data, including collection, recording, storage, use, disclosure, erasure, or destruction.

2. Information We Collect

2.1. Personal Data

2.1.1. We collect personal data that you voluntarily provide to us when you:

- 2.1.1.1. register for an account on our Site;
- 2.1.1.2. book the Services;
- 2.1.1.3. subscribe to our newsletter or marketing communications;
- 2.1.1.4. participate in surveys, promotions, or events;
- 2.1.1.5. contact us with inquiries or feedback; and
- 2.1.1.6. apply for employment or instructor positions.

2.1.2. The types of personal data we may collect include:

- 2.1.2.1. Identity information: Full name, date of birth, gender, identification documents.
- 2.1.2.2. Contact Information: Email address, phone number, mailing address
- 2.1.2.3. Account Information: Username, password, account preferences.
- 2.1.2.4. Payment information: Credit card details, billing address, transaction history.
- 2.1.2.5. Health Information: Medical conditions, injuries, physical limitations,
- 2.1.2.6. Emergency Contact: Name and contact details of emergency contact persons.

2.2. Automatically Collected Information

2.2.1. When you visit our Site, we may automatically collect certain technical information including:

- 2.2.1.1. IP address and device information
- 2.2.1.2. Browser types and version
- 2.2.1.3. Operating system
- 2.2.1.4. Referring Site address
- 2.2.1.5. Pages viewed and time spent on pages
- 2.2.1.6. Click patterns and navigation paths.
- 2.2.1.7. Date and time stamps for visits.

2.3. Cookies and Tracking Technologies

2.3.1. We use cookies and similar tracking technologies to enhance your experience on our Site. Cookies are small text files stored on your device that help us:

- 2.3.1. remember your preferences and settings;
- 2.3.2. understand how you use our Site;
- 2.3.3. improve Site functionality and performance and
- 2.3.4. provide personalised content and advertisements.

2.3.2. You can control cookie settings through your browser preferences.

However, disabling cookies may affect the functionality of our Site.

2.4. Information from Third Parties

2.4.1. We may receive personal data about you from third party sources including:

- 2.4.1.1. payment processors and financial institutional;
- 2.4.1.2. social media platforms;
- 2.4.1.3. marketing and analytics service providers; and
- 2.4.1.4. publicly available sources.

3. How We Use Your Personal Data

3.1. Service Provision

- 3.1.1. To create and manage your account.
- 3.1.2. To process bookings and memberships.
- 3.1.3. To facilitate payment processing and billing.
- 3.1.4. To provide you with yoga classes and related services
- 3.1.5. To communicate with you about your bookings and account.
- 3.1.6. To respond to your inquiries and customer service requests.

3.2. Business Operations

- 3.2.1. To maintain and improve our Site and Services.
- 3.2.2. To conduct internal analytics and research
- 3.2.3. To manage instructor schedules and studio operation
- 3.2.4. To process employment applications.
- 3.2.5. To maintain business records and comply with accounting requirements.

3.3. Marketing and Communications

- 3.3.1. To send you newsletters, promotional materials, and special offers (with your consent)
- 3.3.2. To inform you about new classes, workshops, and events.
- 3.3.3. To conduct customer satisfaction surveys.
- 3.3.4. To provide personalised recommendations based on your interests.
- 3.3.5. You may opt out of marketing communications at any time by following the unsubscribe instructions in our emails or contacting us directly.

3.4. Legal and Safety Purposes

- 3.4.1. To comply with legal obligations and regulatory requirements.
- 3.4.2. To protect our legal rights and interests
- 3.4.3. To prevent fraud, security breaches, and illegal activities.
- 3.4.4. To ensure the safety and security of our premises, staff, and members.
- 3.4.5. To respond to law enforcement requests and court orders.

4. Basis for Processing

- 4.1. We collect personal data for lawful purposes directly related to our functions and activities, and by means that are lawful and fair in the circumstances.
- 4.2. We take reasonable steps to ensure personal data is accurate and not kept longer than necessary for the purposes for which it is used.
- 4.3. We use personal data only for the purposes for which it was collected or directly related purposes, unless we have your consent or are required by law.
- 4.4. We implement appropriate security measures to protect personal data against unauthorised access, processing, erasure, loss, or use.
- 4.5. We make our policies and practices relating to personal data generally available through this Privacy Policy.
- 4.6. You have the right to access and request correction of your personal data held by us.

5. How We Share Your Personal Data

- 5.1. We do not sell your personal data to third parties. .
- 5.2. We may disclose your personal data to Services Providers and Business Partners.

5.2.1. We engage third party services providers to perform functions on our behalf including but not limited to:

5.2.1.1. Payment processors for secure transaction processing

5.2.1.2. Cloud storage and hosting providers

5.2.1.3. Email and SMS communication platforms

5.2.1.4. IT support and maintenance providers

5.2.1.5. Marketing and analytics service providers

5.2.1.2. These service providers have access to personal data only as necessary to perform their functions.

5.3 We may disclose your personal data when required to:

5.3.1. comply with applicable laws, regulations, or legal processes;

5.3.2. respond to lawful requests from government authorities or law enforcement;

5.3.3. protect our rights, property, or safety, or that of our users or the public;

5.3.4. enforce our Terms and Conditions;

5.3.5. detect, prevent, or address fraud, security or technical issues.

5.4. In the event of a merger, acquisitions, reorganisation, sale of assets, or bankruptcy, your personal data may be transferred to the successor entity or acquirer as part of the business transaction. We will notify you of any such change in ownership or control of your personal data.

5.5. We may share your personal data with third parties when you have given us explicit consent to do so for specific purposes.

6. International Data Transfers

6.1. Your personal data may be transferred to, stored, or processed outside of Hong Kong including in jurisdictions that may not provide the same level of data protection as Hong Kong.

6.2. When we transfer personal data internationally, we take appropriate measures to ensure that the receipt is subject to comparable data protection standards.

6.3. By using our Services, you consent to the international transfer of your personal data as described in this Privacy Policy.

7. Data Security

7.1. We implement appropriate security measures to protect your personal data against unauthorised access, disclosure, alteration, loss, misuse, or destruction.

7.2. While we strive to protect your personal data, no method of transmission over the internet or electronic storage is completely secure. We cannot guarantee absolute security, and you use our Services at your own risk.

8. Data Retention

8.1. We retain your personal data only for as long as necessary to fulfil the purposes for which it was collected, unless a longer retention period is required.

8.2. When personal data is no longer needed, we will securely delete or anonymise it in accordance with our data retention and disposal procedures.

9. Your Right as a Data Subject

9.1. You have the right to request access to the personal data we hold about you. We will respond to your access request within [40] days.

9.2. You have the right to request correction of inaccurate, incomplete, or outdated personal data. We will take reasonable steps to verify the accuracy of the information and make corrections as appropriate within 40 days.

9.3. You may request deletion of your personal data in certain circumstances, including:

9.3.1. The data is no longer necessary for the purposes for which it was collected.

9.3.2. You withdraw consent (where consent was the basis for your processing)

9.4. Please note that we may be required to retain certain data for legal or regulatory purposes.

9.5. You have the right to opt out of receiving direct marketing communications from us at any time by

9.5.1. Clicking the unsubscribe link in our marketing emails

9.5.2. Contacting us using the detail provided in §14

9.5.3. Updating your communication preferences

9.6. We will process your opt out request promptly and cease sending marketing communications within 40 business days.

9.7. To exercise any of your rights, please submit a written request to our email using the contact details provided in §14. We may request proof of identity to verify your request and prevent unauthorised access to your personal data.

10. Children's Privacy

10.1. Our Services are not intended for children under the age of 18 without parental or guardian consent.

10.2. If you are a parent or guardian and believe that your child has provided us with personal data without your consent, please contact us immediately. We will take steps to delete such information from our system.

11. Third-Party Websites and Services

11.1. Our Site may contain links to third-party websites, applications, or services that are not operated by us. We are not responsible for the privacy practices of these third parties.

11.2. We encourage you to review the privacy policies of any third-party website or services you visit or use. This Privacy Policy applies only to information collected by us through our Site and Services.

12. Changes to This Privacy Policy

12.1. We reserve the right to update or modify this Privacy Policy at any time to reflect changes in our practices, technology, legal requirements or other factors.

12.2. We will post the updated Privacy Policy on our Site with a revised last updated date.

12.3. Your continued use of our Site and Services after such changes constitutes acceptance of the updated Privacy Policy.

12.4. We encourage you to review this Privacy Policy periodically to stay informed about how we protect your personal data.

14. Contact Information

14.1. If you have any questions, concerns, complaints, or requests regarding this Privacy Policy or our data protection practices, please contact

Life Management Yoga Centre

Address: Room 1101-1102 Kimberley House, 35 Kimberley Road, T.S.T, Hong Kong

Email: life@yoga.org.hk

Phone: 6277 1111

14.2 We will respond to your inquiry within a reasonable timeframe, typically within [14] business days.

15. Language

15.1. This Privacy Policy is drafted in English. If this Privacy Policy is translated into any other language, the English version shall prevail in the event of any inconsistency or dispute.