

Terms & Conditions:

BACKGROUND:

These Terms and Conditions, together with any and all other documents referred to herein, set out the terms of use under which you may use this website, www.seeds-exercise-dance.com ('this site'). Please read these Terms and Conditions carefully and ensure that you understand them. Your agreement to comply with and be bound by these Terms and Conditions is deemed to occur upon your first use of this site. If you do not agree to comply with and be bound by these Terms and Conditions, you must stop using this site immediately.

1. Definitions and Interpretation

In these Terms and Conditions, unless the context otherwise requires, the following expressions have the following meanings:

“Content” means any and all text, images, audio, video, scripts, code, software, databases and any other form of information capable of being stored on a computer that appears on, or forms part of, this site;

“System” means any online communications facility that We make available on this site either now or in the future. This may include, but is not limited to, contact forms, email, and live chat; and

“We/Us/Our” means S.E.E.D.S.

2. Information About Us

This site is owned and operated by S.E.E.D.S.

3. Access to Our Site

3.1 Access to this site is free of charge.

3.2 It is your responsibility to make any and all arrangements necessary in order to access this site.

3.3 Access to this site is provided “as is” and on an “as available” basis. We may alter, suspend or discontinue this site (or any part of it) at any time and without notice. We will not be liable to you in any way if this site (or any part of it) is unavailable at any time and for any period.

4. Intellectual Property Rights

4.1 All Content included on this site and the copyright and other intellectual property rights subsisting in that Content, unless specifically labelled otherwise, belongs to or has been licensed by Us. All Content is protected by applicable United Kingdom and international intellectual property laws and treaties.

4.2 Subject to sub-Clauses 4.3 and 4.6 you may not reproduce, copy, distribute, sell, rent, sub-licence, store, or in any other manner re-use Content from this site unless given express written permission to do so by Us.

4.3 You may:

4.3.1 Access, view and use this site in a web browser (including any web browsing capability built into other types of software or app);

4.3.2 Download this site (or any part of it) for caching;

4.3.3 Print one copy of any page from this site ;

4.3.4 Down load extracts from pages on this site ; and

4.3.5 Save pages from this site for later and/or offline viewing.

4.4 Our status as the owner and author of the Content on this site (or that of identified licensors, as appropriate) must always be acknowledged.

4.5 You may not use any Content saved or downloaded from this site for commercial purposes without first obtaining a licence from Us (or our licensors, as appropriate) to do so. This does not prohibit the normal access, viewing and use of this site for general information purposes whether by business users or consumers.

4.6 Nothing in these Terms and Conditions limits or excludes the provisions of Chapter III of the Copyrights, Designs and Patents Act 1988 'Acts Permitted in Relation to Copyright Works', covering in particular the making of temporary copies; research and private study; the making of copies for text and data analysis for non-commercial research; criticism, review, quotation and news reporting; caricature, parody or pastiche; and the incidental inclusion of copyright material.

5. Links to this site

5.1 You may link to Our Site provided that:

5.1.1 You do so in a fair and legal manner;

5.1.2 You do not do so in a manner that suggests any form of association, endorsement or approval on Our part where none exists;

5.1.3 You do not use any logos or trade marks displayed on this site without Our express written permission; and

5.1.4 You do not do so in a way that is calculated to damage Our reputation or to take unfair advantage of it.

5.2 You may link to any page of this site.

5.3 Framing or embedding of this site on other websites is not permitted without Our express written permission.

5.4 You may not link to this site from any other site the content of which contains material that:

5.4.1 is sexually explicit;

5.4.2 is obscene, deliberately offensive, hateful or otherwise inflammatory;

5.4.3 promotes violence;

5.4.4 promotes or assists in any form of unlawful activity;

5.4.5 discriminates against, or is in any way defamatory of, any person, group or class of persons, race, sex, religion, nationality, disability, sexual orientation, or age;

5.4.6 is intended or is otherwise likely to threaten, harass, annoy, alarm, inconvenience, upset, or embarrass another person;

5.4.7 is calculated or is otherwise likely to deceive another person;

5.4.8 is intended or is otherwise likely to infringe (or to threaten to infringe) another person's privacy;

5.4.9 misleadingly impersonates any person or otherwise misrepresents the identity or affiliation of a particular person in a way that is calculated to deceive (obvious parodies are not included in this definition provided that they do not fall within any of the other provisions of this sub-Clause 5.4);

5.4.10 implies any form of affiliation with Us where none exists;

5.4.11 infringes, or assists in the infringement of, the intellectual property rights (including, but not limited to, copyright, trade marks and database rights) of any other party; or

5.4.12 is made in breach of any legal duty owed to a third party including, but not limited to, contractual duties and duties of confidence.

5.5 The content restrictions in sub-Clause 5.4 do not apply to content submitted to sites by other users provided that the primary purpose of the site accords with the provisions of sub-Clause 5.4. You are not, for example, prohibited from posting links on general-purpose social networking sites merely because another user may post such content. You are, however, prohibited from posting links on websites which focus on or encourage the submission of such content from users.

6. Links to Other Sites

Links to other sites may be included on this site. Unless expressly stated, these sites are not under Our control. We neither assume nor accept responsibility or liability for the content of third party sites. The inclusion of a link to another site on this site is for information only and does not imply any endorsement of the sites themselves or of those in control of them.

7. Use of Our System

7.1 You may use Our System at any time to contact Us. Please note the following; you must not:

7.1.1 communicate in a way that is obscene, deliberately offensive, hateful or otherwise inflammatory;

7.1.2 submit information that promotes violence;

7.1.3 submit information that promotes or assists in any form of unlawful activity;

7.1.4 submit information that discriminates against, or is in any way defamatory of, any person, group or class of persons, race, sex, religion, nationality, disability, sexual orientation or age;

7.1.5 submit information that is intended or is otherwise likely to threaten, harass, annoy, alarm, inconvenience, upset, or embarrass another person;

7.1.6 submit information that is calculated or is otherwise likely to deceive;

7.1.7 submit information that is intended or is otherwise likely to infringe (or to threaten to infringe) another person's privacy;

7.1.8 misleadingly impersonate any person or otherwise misrepresent your identity or affiliation in a way that is calculated to deceive;

7.1.9 imply any form of affiliation with Us where none exists;

7.1.10 infringe, or assist in the infringement of, the intellectual property rights (including, but not limited to, copyright, trade marks and database rights) of any other party; or

7.1.11 submit information in breach of any legal duty owed to a third party including, but not limited to, contractual duties and duties of confidence.

7.2 We may monitor any and all communications made using Our System.

7.3 Any information that you send to Us through Our System may be modified by Us and, by sending us such information, you waive your moral right to be identified as the author of that information.

7.4 Any personal information sent to Us, whether through Our System or otherwise (including but not limited to your name and contact details), will be collected, used and held in accordance with your rights and Our obligations under the Data Protection Act 1998, as set out in Clause 13.

8. Disclaimers

8.1 Nothing on this site constitutes advice on which you should rely. It is provided for general information purposes only. Professional or specialist

advice should always be sought before taking any action relates to personal training and health and fitness.

8.2 Insofar as is permitted by law, We make no representation, warranty, or guarantee that this site will meet your requirements, that it will not infringe the rights of third parties, that it will be compatible with all software and hardware, or that it will be secure.

8.3 We make reasonable efforts to ensure that the Content on this site is complete, accurate, and up-to-date. We do not, however, make any representations, warranties or guarantees (whether express or implied) that the Content is complete, accurate, or up-to-date.

8.4 No part of this site is intended to constitute a contractual offer capable of acceptance. No goods or services are sold through this site and the details of goods and services provided on this site are provided for general information purposes only.

8.5 We make reasonable efforts to ensure that any and all pricing information shown on this site is correct at the time of going online. We reserve the right to change prices at any time and may add or remove special offers and promotions from time to time.

8.6 Whilst every reasonable effort has been made to ensure that all representations and descriptions of goods and services available from Us correspond to the actual goods and services available, minor variations or errors may occur. In the event of any discrepancy please contact us at

info@seeds-exercise-dance.com

8.7 We make no representation, warranty, or guarantee that goods and services shown on this site will be available from Us. Please contact Us if you wish to enquire as to the availability of any goods and services.

9. Our Liability

9.1 To the fullest extent permissible by law, We accept no liability to any user for any loss or damage, whether foreseeable or otherwise, in contract, tort (including negligence), for breach of statutory duty, or otherwise, arising out of or in connection with the use of (or inability to use) this site or the use of or reliance upon any Content included on this site.

9.2 To the fullest extent permissible by law, We exclude all representations, warranties, and guarantees (whether express or implied) that may apply to this site or any Content included on this site.

9.3 This site is intended for non-commercial use only. If you are a business user, We accept no liability for loss of profits, sales, business or revenue; loss of business opportunity, goodwill or reputation; loss of anticipated savings; business interruption; or for any indirect or consequential loss or damage.

9.4 We exercise all reasonable skill and care to ensure that this site is free from viruses and other malware. We accept no liability for any loss or damage resulting from a virus or other malware, a distributed denial of service attack, or other harmful material or event that may adversely affect your hardware, software, data or other material that occurs as a result of your use of this site (including the downloading of any Content from it) or any other site referred to on this site.

9.5 We neither assume nor accept responsibility or liability arising out of any disruption or non-availability of Our Site resulting from external causes including, but not limited to, ISP equipment failure, host equipment failure, communications network failure, natural events, acts of war, or legal restrictions and censorship.

9.6 Nothing in these Terms and Conditions excludes or restricts Our liability for fraud or fraudulent misrepresentation, for death or personal injury resulting from negligence, or for any other forms of liability which cannot be excluded or restricted by law. For full details of consumers' legal rights, including those relating to digital content, please contact your local Citizens' Advice Bureau or Trading Standards Office.

10. Viruses, Malware and Security

10.1 We exercise all reasonable skill and care to ensure that this site is secure and free from viruses and other malware.

10.2 You are responsible for protecting your hardware, software, data and other material from viruses, malware, and other internet security risks.

10.3 You must not deliberately introduce viruses or other malware, or any other material which is malicious or technologically harmful either to or via this site.

10.4 You must not attempt to gain unauthorised access to any part of this site, the server on which this site is stored, or any other server, computer, or database connected to this site.

10.5 You must not attack this site by means of a denial of service attack, a distributed denial of service attack, or by any other means.

10.6 By breaching the provisions of sub-Clauses 10.3 to 10.5 you may be committing a criminal offence under the Computer Misuse Act 1990. Any and all such breaches will be reported to the relevant law enforcement authorities and We will cooperate fully with those authorities by disclosing your identity to them. Your right to use this site will cease immediately in the event of such a breach.

11. Acceptable Use Policy

11.1 You may only use this site in a manner that is lawful. Specifically:

11.1.1 you must ensure that you comply fully with any and all local, national or international laws and/or regulations;

11.1.2 you must not use this site in any way, or for any purpose, that is unlawful or fraudulent;

11.1.3 you must not use this site to knowingly send, upload, or in any other way transmit data that contains any form of virus or other malware, or any other code designed to adversely affect computer hardware, software, or data of any kind; and

11.1.4 you must not use this site in any way, or for any purpose, that is intended to harm any person or persons in any way.

11.2 We reserve the right to suspend or terminate your access to this site if you materially breach the provisions of this Clause 11 or any of the other provisions of these Terms and Conditions. Specifically, We may take one or more of the following actions:

11.2.1 suspend, whether temporarily or permanently, your right to access this site;

11.2.2 issue you with a written warning;

11.2.3 take legal proceedings against you for reimbursement of any and all relevant costs on an indemnity basis resulting from your breach;

11.2.4 take further legal action against you as appropriate;

11.2.5 disclose such information to law enforcement authorities as required or as We deem reasonably necessary; and/or

11.2.6 any other actions which We deem reasonably appropriate (and lawful).

11.3 We hereby exclude any and all liability arising out of any actions (including, but not limited to those set out above) that We may take in response to breaches of these Terms and Conditions.

12. Privacy and Cookies

Use of this site is also governed by Our Cookie and Privacy Policies. These policies are incorporated into these Terms and Conditions by this reference.

13. Data Protection

13.1 All personal information that We may collect (including, but not limited to, your name and contact details) will be collected, used and held in accordance with the provisions of the Data Protection Act 1998 and the General Data Protection Regulation (EU Regulation 2016/679) (the “GDPR”) and your rights and Our obligations under these Acts.

13.2 We may use your personal information to:

13.2.1 Reply to any communications you send to Us;

13.2.2 Send you important notices, as detailed in Clause 14;

13.3 Please see our Privacy Policy for further information on GDPR.

14. Communications from Us

14.1 If We have your contact details, We may from time to time send you important notices by email. Such notices may relate to matters including, but not limited to, service changes and changes to these Terms and Conditions.

14.2 We will never send you marketing emails of any kind without your express consent. If you do give such consent, you may opt out at any time. Any and all marketing emails sent by Us include an unsubscribe link. If you opt out of receiving emails from Us at any time, it may take up to 7 business days for your new preferences to take effect.

14.3 For questions or complaints about communications from Us (including, but not limited to marketing emails), please contact Us at:

info@seeds-exercise-dance.com

15. Changes to these Terms and Conditions

15.1 We may alter these Terms and Conditions at any time. Any such changes will become binding on you upon your first use of this site after the changes have been implemented. You are therefore advised to check this page from time to time.

15.2 In the event of any conflict between the current version of these Terms and Conditions and any previous version(s), the provisions current and in effect shall prevail unless it is expressly stated otherwise.

16. Contacting Us

To contact Us, please use Our System, email Us at:

Info@seeds-exercise-dance.com, or using any of the methods provided on Our contact page.

17. Law and Jurisdiction

17.1 These Terms and Conditions, and the relationship between you and Us (whether contractual or otherwise) shall be governed by, and construed in accordance with the law of England & Wales.

17.2 If you are a consumer, you will benefit from any mandatory provisions of the law in your country of residence. Nothing in Sub-Clause 17.1 above takes away or reduces your rights as a consumer to rely on those provisions.

17.3 If you are a consumer, any dispute, controversy, proceedings or claim between you and Us relating to these Terms and Conditions, or the relationship between you and Us (whether contractual or otherwise) shall be subject to the jurisdiction of the courts of England, Wales, Scotland, or Northern Ireland, as determined by your residency.

17.4 If you are a business, any disputes concerning these Terms and Conditions, the relationship between you and Us, or any matters arising therefrom or associated therewith (whether contractual or otherwise) shall be subject to the exclusive jurisdiction of the courts of England & Wales.