

**YOGA CLASS WAIVER FORM – Ocean Studios October 2020**

*Please note all of the information on this form is kept confidential.*

**REGISTRANT DETAILS:**

**Name: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**Address: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**City: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Postal Code:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**Email: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**Phone number: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**EMERGENCY CONTACT NAME: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**EMERGENCY CONTACT PHONE NUMBER: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**Have you practiced yoga before?** YES / NO (Please circle)

**If YES, for how long and what type of yoga? \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**Limitations/Injuries:** YES / NO (Please circle)

Do you have numbness/pain in (circle all that applies): neck / shoulder / wrist / hip /

lower back / upper back / knee / ankle / other (please specify):\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**Waiver**

If at any time during the class, you feel discomfort or strain, gently come out of the posture and sit or relax in Child’s Pose. You may rest at any time during the class, no permission needed. It is important that you listen to your body, and respect its limits on any given day.

I, the undersigned, understand that yoga is not a substitute for medical attention, examination, diagnosis, or treatment. I should consult a physician prior to beginning to practise yoga, if there is medical history. I recognise that it is my responsibility to notify my teacher Szofia Dialkova of any serious illness or injury before every yoga class. I will not perform any postures to the extent of strain or pain. I also understand that the yoga teacher is not a physician and therefore cannot give any medical advice.

I accept that neither the yoga teacher Szofia Dialkova nor her company Palm Tree Yoga, nor the hosting facility (Ocean Studios, The Factory Cooperage, Royal William Yard, Stonehouse, Plymouth PL1 3RP), is liable for any injury or damage, to person or property, resulting from the taking of the class.

Please note that due to Covid-19, safety precautions have been put in place to keep you as a student and the teacher safe:

\* spaces are limited

\* social distancing guidelines must be adhered to at all times

\* arrive 10 minutes before class for a chat and getting ready for class

\* bring your own mat and any props that you wish to use (pillow, block, strap and blanket) and wear comfy active wear

\* sanitize your hands upon arrival

\* upon arrival check in to the venue using your NHS Covid-19 Test and Trace app on your phone (if you do not have a smart phone, please be aware that your data will be kept for 21 days as per government guidelines)

\* if you wish, wear a face mask

\* the teacher will not perform any hands on assists

\* if you feel unwell, please stay at home and cancel class asap

\* keep smiling, we are here to have a good time

Payment of £8 per person per class must be made at least 6 hours before class via bank transfer to

S Dialkova

Barclays

Account Number 93179516

Sort Code 20-68-10

If the student fails to make payment in advance, the teacher reserves the right to cancel the student’s space in class.

Cancellation policy: If the yoga student wishes to make a cancellation, this must be made via email 6 hours in advance as spaces are limited. If the yoga teacher cancels the class, this will be communicated at the latest 6 hours before the class. In this case, the teacher will keep the student’s credit for a class in the near future.

I hereby do **not grant/gran**t Szofia Dialkova permission to use photographs of myself in any and all of its publications, including website and social media entries, without payment or any other considerations.

I have read the waiver of liability and fully understand its contents.

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_\_\_

Signature Date