



Mother & Baby Registration Form

THE CLASS YOU WISH TO ENROL FOR

Time: Day: Starting on:

YOUR PERSONAL DETAILS

Name: Email:

Baby's age and Name:

Address:

Telephone Mobile Home:

Please do not add my name/email to receive updates on classes/workshops:

Any physical ailments/concerns that may challenge you or baby?

MEDICAL DETAILS AND DECLARATION

If you are in any doubt about practising yoga please consult your doctor *before* you enrol.

I acknowledge that it is my duty to exercise ordinary care for the protection of others, my baby and myself while attending yoga class. I assume the risk of physical activity with my own physical condition and that of my baby. I have received advice from my doctor that I and my baby are capable of physical exercise or I will assume the risk of exercising without a doctor's examination.

I take complete responsibility for my presence at Breathing Place Yoga Studio and I will not hold Geraldine Aherne, the teachers from Breathing Place Yoga or Ladies Workout Express in any way responsible for any loss or damage to my person or property or responsible for any injuries or loss I may incur as a result of my participation in any yoga class or discipline now or in the future. Students acknowledge that they use the premises facilities and parking area at their own risk.

SIGNATURE

..... Date

PAYMENT

Register early to avoid disappointment as class size is limited. Please make payment payable to: Breathing Place Yoga & post to: B.P. Yoga, Main Street, Clane, Co. Kildare.

€..... Full Payment

€20 Yoga mat

€32 Yoga & bag



Registration Information

Register Early

Registrations are taken on a first-come, first-served basis. Please register early to avoid disappointment.

Class size/location

Maximum number of students is approximately 12 students. The Yoga Studio is located above Goughs Butchers (opposite Londis) on Main Street, Clane. Please walk up the stairs and it's the door on the left opposite Ladies Workout Express. Please arrive at least 5 minutes before the start of the class.

Class preparation

Refrain from eating 1 to 2 hours before practice or eat very light as yoga is best practised on an empty stomach.

What to wear

Comfortable clothes such as a T-shirt with leggings or track suit bottoms that will allow you to stretch. Please do not wear chunky pants that will inhibit the teacher's ability to spot misalignments. Yoga is best practised in clean bare feet.

Please **remove shoes at the door** and ensure to turn mobile phones to silent or off before class begins. Please do not wear strong perfumes or lotions to class

What to bring

Bring a non-slip yoga mat (these can be purchased on the first class). Your own yoga mat is recommended for cleanliness and self-practise. You might also like to bring water for after the class. You will also need a blanket and socks for relaxation.

For your **baby**, a cushion for yoga and any soothing toy if needed. Due to the limited capacity of the changing area, there is not room to store strollers during class. Throughout the class feel free to feed or soothe your baby and rejoin when ready.

Yoga Mats

Thick non-slip yoga mats cost €20. The mats are:

- ☞ High quality closed-cell PVC vinyl giving the mat a soft cushioning effect. 100% latex free and manufactured using a process which introduces tiny bubbles in the PVC based material, providing the 'sticky effect'.
- ☞ Mats strictly meet EU manufacturing standards (CE mark).
- ☞ Internal, centre threading gives the mat exceptional strength and durability against tearing.
- ☞ The mat measures 172cm x 61cm (68ins x 24ins) and at 5.5mm (1/4 inch).

Yoga Mat Bags

Yoga mat bags cost €15 small/€18 large. The bags designed specifically for yoga mats are:

- ☞ Hand woven cotton in various colours with motif braiding.
- ☞ Shoulder strap, draw-tie to fit all yoga mats and handy pocket displaying the Breathing Place Yoga logo.

Cancellation Policy

50% refund if cancelled 10 days prior to start, 25% refund if cancelled within 10 days of start, no refund once course starts.