



Registration Form

THE CLASS YOU WISH TO ENROL FOR

Time: Day: Starting on:

YOUR PERSONAL DETAILS

Name: Email:

Address:

Telephone Mobile Home:

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

Do you have any physical ailments that may challenge you?

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 and myself while attending yoga class. I assume the risk of physical activity with my own physical condition. I have received advice from my doctor that I am 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 or any of the teachers from Breathing Place Yoga 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 street parking at their own risk.

SIGNATURE

..... Date

Parent's/Guardian's signature if under 18:

PAYMENT

Register early to avoid disappointment; make cheques/PO payable to: Breathing Place Yoga. Post to: Breathing Place 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 14 students. The Yoga Studio is located above Bob's Hair Salon (opposite Marron's Pharmacy) on Main Street, Clane. The entrance is on Main Street. 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 at home. You might also like to bring water for after the class. You will also need a blanket and socks for relaxation, and most importantly... an openness to experience yoga.

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 big. 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.