



Prenatal Yoga 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:

How many weeks pregnant are you?

Do you have any physical ailments that may challenge you?

Have you done yoga before, if yes which style (if known)?

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, 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, death or loss I may incur as a result of my participation in any yoga class or discipline now or in the future. I acknowledge that I use the premises facilities and parking area at my own risk.

SIGNATURE

..... Date:

PAYMENT

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

€..... Full Payment €20 Yoga mat €32 Yoga & bag



Prenatal 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. You don't have to have done yoga before as pregnancy is actually a time when many women start yoga. 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. Please **remove shoes at the door** and turn mobile phones to off.

Difference between prenatal and a regular class

Prenatal yoga avoids postures covered in a regular class that you cannot do while pregnant. The class also focuses a lot more on breathing and gentle movement. Students must be 14+ weeks pregnant before being accepted onto the course.

What to wear

Comfortable clothes such as a T-shirt with leggings or track suit bottoms that most importantly you feel comfortable in moving and stretching. Please do not wear strong perfumes or lotions to class. Yoga is best practised in clean bare feet.

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 as it's important to stay hydrated during pregnancy and especially during prenatal yoga. A pillow or extra cushions should you feel you will extra support. You will also need a blanket and socks for relaxation, and 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 mat exceptional strength & 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 are €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.