



Yoga 4 Teens Registration Form

THE CLASS YOU WISH TO ENROL FOR

Time: Day: Starting on:

PERSONAL DETAILS

Full name:	Parent's Name:.....
Date of Birth:	Age:
Email:	
Address:	
Contact Mobile No.:	Home:
In case of emergency, second guardian's details:	
Name & Address	
Contact Mobile No.:	Home:
I do not want to add my name/email to receive updates on classes/workshops: <input type="checkbox"/>	
Known allergies/physical limitations/concerns:	
Previous Yoga Experience ?.....	Where:

LIABILITY DISCLAIMER & NOTICE

I individually and as parent and or/guardian of the child identified above hereby acknowledge that Geraldine Aherne, Breathing Place Yoga and its teachers will have sole custody of the child whilst they are attending the class and that no other adults will be present and acknowledge the following notice and grant that:

Liability Release: Breathing Place Yoga, takes all reasonable care in ensuring that its programmes are safe. However, I agree that my teenager will be engaging in physical activities that may involve some risk of injury. I acknowledge I have received advice from my teenager's physician with respect to any past or present injury, illness, health problem or any other condition or medication that may affect my teenager's participation in yoga. I assume the above risks and accept responsibility for any injury sustained by my teenager and discharge and hold harmless Breathing Place Yoga its owners, officers and personnel including its teachers and its suppliers from any liability arising from any injury to my child or other persons or property caused by my child's participation in this yoga for teens programme.

Parent/Guardian Signature: Date:

PAYMENT

Register early to avoid disappointment as class size is limited. Please make payment payable to: Breathing Place Yoga, writing the name of the child on the reverse of the cheque and post to: 11 Churchfield, 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 teens. The Yoga Room is located above the boutique "Gough's Butchers" on Main Street, Clane. 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

Teens should wear comfortable clothes such as a T-shirt with leggings or track suit bottoms that will allow them to stretch. Yoga is best practised in clean bare feet.

Please ensure shoes are **removed shoes at the door** and mobile phones are silent or off.

What to bring

Bring a non-slip yoga mat (these can be purchased on the first class) - 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, 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 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.