



Student Registration Form

THE CLASS YOU WISH TO ENROL FOR

Time: Day: Starting on:

PERSONAL DETAILS

Child's full name: Boy or Girl:

Date of Birth: Age:

Parent/carer's full name: 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:

Known allergies/physical limitations/concerns:

Has your child done YogaBugs before?..... 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: YogaBugs Limited ("YogaBugs"), takes all reasonable care in ensuring that its programmes are safe. However, I agree that my child will be engaging in physical activities that may involve some risk of injury. I acknowledge I have received advice from my child's physician with respect to any past or present injury, illness, health problem or any other condition or medication that may affect my child's participation in the YogaBugs programme. I assume the above risks and accept responsibility for any injury sustained by my child and discharge and hold harmless YogaBugs Limited and 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 the YogaBugs 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 children. The Yoga Room is located above the boutique "Fashion with an Attitude" on Main Street, Clane. Please walk up the stairs and it's the door on the left at the top of the stairs 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

Children 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/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

Lazy Lizards quality vinyl children's yoga mat costs €20. The Lazy Lizards Yoga Mat mats:

- ☺ Feature 12 different images of animals doing the Yoga poses and can be used as a reminder on how to do an individual pose.
- ☺ 24" x 48" high quality vinyl mat (latex and lead free).
- ☺ Light weight and rolls up easily.
- ☺ Hand wash with a mild soap, hang to air dry.
- ☺ For ages 2 and up.
- ☺ Available in sky Blue with Grape print or Royal Purple with Lime Green print.

Yoga Mat Bags

Yoga mat bags cost €15. 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.