



Main Street,
Celbridge
Co Kildare
T: 086- 8474944

Class Registration Form

What class are you enrolling for:

Class: _____

Date: _____

Time: _____

Please note, all of the information on this form is kept strictly confidential and adheres to our **STRICT DATA PRIVACY POLICY**. Full details www.yogaessence.ie

Name: _____ Phone: _____

Address: _____

Email: _____

OPT IN /OUT:

DO YOU WISH TO RECEIVE UPDATES ON CLASSES / WORKSHOPS? YES: _____ NO: _____

Emergency Contact: _____ Emergency Contact Phone: _____

How did you hear about us ? _____

Have you practiced yoga before? YES/NO If YES, for how long? _____

Please list any Medical Issues or Injuries? : Known Allergies?

Do you have any numbness or pain in (circle all that apply): **neck, shoulders, elbows, hands, wrists, hips, lower back ,upper back, knees, feet, other (please note below):**

LIABILITY DISCLAIMER & NOTICE

I should consult a physician prior to enrolling to practise yoga. Otherwise I assume the physical risk of my own physical condition, past and current medical issues/injuries/illness or medication that may affect me taking this class. I understand that yoga is not a substitute for medical attention, examination, diagnosis, or treatment. I recognize that it is my responsibility to notify my teacher of any serious illness or injury **before every yoga class**. I will not perform any postures to the extent of strain or pain. If at any time during the class, you feel discomfort or strain, gently come out of the posture. **I accept that neither the teachers, personnel, nor Yoga Essence and its owners, are liable for any injury, or damages, to person or property, resulting from taking the class or in the future and I use the premises at my own risk.**

NAME (Print)

SIGNATURE

DATE

PARENT'S/GUARDIAN'S SIGNATURE if under 18 yrs _____



Student Booking Information

Register Early All bookings can be made online. Otherwise registrations for bookings are taken by phone or email. Please note that due to limited class sizes, **a place is only guaranteed by receipt of full payment.** Bookings are on a first come, first served basis. Course fees can be paid online, by cash or cheque and are due to be paid in full by the first day of course latest. No booking is final until full payment is received. Cheques can be made payable to Yoga Essence.

Yoga Essence is located just over Top of Town Drycleaners, Main Street, Celbridge.

Class size/location All Classes are to a maximum size of 16 students. *(Over 16's only)*

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 arrive at least five minutes before class to give yourself time to settle on your mat.

We ask kindly that shoes are removed before entering the yoga studio. During yoga practice, students may place their hands on the floor and lie on their mats, so we keep the studio a shoe-free zone to maintain hygiene for everyone.

If you have to bring your phone, please make sure that it is turned off completely as not to disturb other students during the class.

If you have to leave a class early, tell your teacher and leave quietly before the closing relaxation. Make sure your teacher is aware of **any pre-existing condition or injury** that might affect your yoga practice. Honor your body and practice within your body's limitations.

What to wear

Please wear comfortable clothing that does not restrict you around the waist. Yoga is best practice in bare feet.

What to bring: Bring a non-slip yoga mat that can be purchased in most good sports shops. We have few spare mats to borrow. Although many students prefer their own yoga mat for hygiene purposes. You might also like to bring water for during class.

Missed classes

Students are very welcome to make up missed classes *(subject to availability)* within the same course term. Students may swap between classes subject to space to suit their schedule during the term.

If a student misses any classes, they can attend 2 classes during any other week during the term. Missed classes **cannot be used as credit** from one course term to another.

Under **NO circumstances** are refunds given for missed classes due to illness or injury that may occur during a term due to maintaining ongoing viability of classes. Students are welcome to make up missed classes during term only by attending other yoga or meditation classes at the studio.

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.**