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## Baby Massage Registration Form

*Please note, all of the information on this form is kept strictly confidential.*

Name: \_\_\_\_\_

Address: \_\_\_\_\_ Ph: \_\_\_\_\_

\_\_\_\_\_ Mobile: \_\_\_\_\_

Email: \_\_\_\_\_ Receive Updates Classes/Workshops? **Y / N**

Baby's Name & Age \_\_\_\_\_

Partner's Name : \_\_\_\_\_ Mobile : \_\_\_\_\_

Your General Health? \_\_\_\_\_

How is your Baby's General health / Any physical ailments or issues? \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Any Known Allergies? \_\_\_\_\_

How did you find out about this class ? \_\_\_\_\_

**DECLARATION:** I should consult a physician PRIOR to enrolling in Baby Massage if in doubt regarding baby's health. I have received advice that my baby's health is good for Baby Massage. Otherwise I assume the physical risk of my own physical condition and that of my baby. I recognize that it is my responsibility to notify my teacher of any serious illness or injury **before** every baby massage class. I will not perform any movements that may cause discomfort to my baby.

I accept that neither the teachers, nor Yoga Essence, nor its owners, are liable for any injury, or damages, to person or property, resulting from the taking of the class or in the future and I use the premises at my own risk.

\_\_\_\_\_  
**Name (Print)**

\_\_\_\_\_  
**Signature**

\_\_\_\_\_  
**Date**

# Baby Massage - 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.** 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 15 students. You do not have to have practiced yoga before to attend class.

## Class preparation

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.

Make sure your teacher is aware of **any pre-existing condition or injury** of your baby.

## What to wear

Please wear comfortable clothing that does not restrict you around the waist so you can work with baby easily.

**What to bring:** We have few spare mats to borrow at the studio. Many students prefer their own yoga mat for hygiene purposes. You might also like to bring water for during class to stay hydrated.

For **baby**, a cushion for yoga and any soothing toy if needed. Due to the limited space in the studio, there is not room to store buggies during class. Feel free to feed or soothe your baby during class and rejoin when you are ready.

#### **Classes.**

Baby Massage classes are **booked as a course of 5 weeks. Please refer to website for course dates.**

**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.