



Funktional Yoga Participation Form

First Name..... Surname.....

Address.....

.....Postcode.....

Telephone /

Mobile.....

Email (if you would like to receive monthly newsletters)

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Emergency name and contact number.....

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Privacy Notice

Funktional Yoga uses the above data for informing you of class schedules and to get in touch with an emergency contact should the need arise. No personal information is ever shared with a third party. At any point, you may request to see, alter, rectify or delete your information.

The information will be renewed and updated in January of every year. If you are no longer participating in Funktional Yoga classes, the information will be destroyed and a new form filled out if you return.

PLEASE NAME ANY MEDICAL CONDITIONS/INJURIES (continue overleaf if necessary)

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You acknowledge that all exercise involved risk of personal injury. Please be aware that Funktional Yoga teachers do not assume responsibility for determining your medical fitness to participate in a class, nor assumes any responsibility for any injuries to you or loss of property by you in or about the premises. It is the responsibility of the student to inform the teacher of any medical conditions which should be taken into consideration while practising yoga.

**PLEASE CONSULT YOUR DOCTOR IF YOU ARE IN ANY DOUBT ABOUT PRACTICING YOGA
PLEASE ADVISE FUNKTIONAL YOGA OF ANY CHANGE OF CIRCUMSTANCES**

I understand that to participate in Áine's Classes I have read and understood the **Studio Guidelines** on www.LongMelfordYoga.co.uk. I am following the current Government Covid-19 Guidelines. I take full responsibility for myself, and will not push myself beyond my limits in any of the Yoga practices, and I consent to the conditions set out above.

I understand that to participate in Funktional Yoga classes I take full responsibility for myself, and will not push myself beyond my limit in any of the yoga practices. I also consent to the conditions set out above.

SIGNED.....DATE.....

Where did you hear about Funktional Yoga?.....