



CONSENT FORM - AERIAL YOGA / Yoga / Mindfulness

The purpose of the fitness assessment is to provide individualised exercise programmes, offering greater safety and benefit to you.

The Aerial Yoga session are sub-maximal, but you will exercise at a moderately high level for a short period of time, and may become hot and breathe more quickly than normal.

In participating in these activities, you may be at risk of injury and even the possibility of death.

The Aerial Yoga tests of strength, flexibility, decompress joints and practice inverted pose.

All tests will be explained to you prior to commencement. You will have the opportunity to ask any questions about the Aerial Yoga practice and are free to withdraw at any time. All information will be kept confidential.

All of the Aerial Yoga Classes/ sessions are performed in such a way as to minimise any risk or injury. Please inform the Instructor of any reason why you should not participate in exercise, such as illness or any injury which could be aggravated by exercise. If at any time you feel undue pain or discomfort, stop the test and inform the Instructor of your symptoms.

The Aerial Yoga is a practice of Yoga with an aid known as "Hammock" that offers a full support of the body and the Aerial Hammock is made of aerial fabric and load tested to hold up to 1000lbs.

The Hammock is an aid , just like any yoga prop such as Yoga Mat, Yoga Block, strap or bolster and fully support the Traditional Yoga Practice.

The health and safety measures have been explained to me, and I am willing to take part and take full responsibility.

I recognise that engaging in this event includes an inherent risk.

Those risks include a broad range and I recognise that those risks include the possibility of personal injuries and even death.

I choose to participate in this event in spite of those risks.

I therefore agree to assume all risks that may occur resulting in any harm, damage, injury, illness or death to myself.

I agree to release and discharge " Yoga with Sayon " its officers, guides, consultants and agents from any / all claims for liability, damage, injury, illness, death, costs or other expenses or other damages that may be claimed as result of part taking in this event.

Name of Participants _____

Date _____ Sign _____

understand that I can withdraw at any time.

I confirm that I have taken medical advice and my doctor has agreed that I should exercise

NEW UPDATE of Health & Safety (Covid 19 - Measures)

The hammocks steam, mats disinfectant along with every inch of the studio floors from door handles to hand rails disinfectant to meet the safety measures put into place as per action according to Covid 19 Risk assessment.

As I welcome you back- please accept the new safety measures will include-

THE DO'S

- Booking ONLY- Hammock, 1:1 and Yoga classes
- Multiple Hand sanitiser stations made available- advice before and after Yoga
- Bring your own mat and props, a towel
- Please be on Time
15 min opportunity to enter before class starting time
- Do lay out mat with 2mt social distancing (no problem at Aerial Yoga @Ajendance Dance studio
- Please dispose tissues into the bins (Multiple bin points available)
- Place belongings in designated area.
- Do dress already for class (No changing facilities)

THE DON'T S

- No drop in
- No hang out at reception- please leave immediately after class
- Check you have all your own personal belongings (Do leave with your own shoes, mats etc)
- Do not attend class if you're unwell (check covid symptoms)
- No hugging

There are Yoga mats and props for sale at the studio...

When checking in ..just require you to call out your name.

Payment option to pay in advance prior to class via PayPal -
sayon.cheungmulligan@yahoo.com

CHECK LIST - attending Aerial Yoga & Yoga Classes-

- * Do not be late for class
- * Sanitise before and after class
- * Wear suitable clothing without zips or loose buttons that can catch on the fabric
- * Remove Jewellery especially bracelets, ankle jewellery and rings that can catch on the fabric including watch
- * Do not eat a big meal before class
- * Do empty your bladder before class
- * Due to Covid 19 - new measures in place- Advise you to bring your own towel, your own mat and props.

Please sign the Aerial / Yoga Registration to confirm

Or DM / text to

07772354246

Confirm you read

NAME

HEIGHT

Contact Number

EMAIL address

Under the Guidance of Yoga with Sayon -