



## REGISTRATION FORM

<b>First Name :</b>	<b>Surname :</b>
<b>D.O.B :</b>	<b>Gender: M / F (Please circle)</b>
<b>Address :</b>	<b>Home Tel :</b> _____ <b>Mobile No:</b> _____
Yoga with Rina would like to stay in touch with you by email, to provide important information on classes, notices, changes, cancellations and other yoga related activities. Please read the Privacy Policy at <a href="https://www.rinaspiritualcounsellor.com/">https://www.rinaspiritualcounsellor.com/</a> . You may unsubscribe at any time but please speak to Rina about future contact. If you are happy for Yoga with Rina to safely contact you via email, please provide your email address and sign below. Thank you.	
<b>Email :</b> _____ @ _____	
<b>Signed : (above named)</b>	<b>Date:</b>
<b>Yes, I am happy for you to use my email</b>	<b>Tick Here:</b> _____

### Your Health and Well-being

Please give details below of any medical conditions, injuries, surgeries or health related problems and concerns that your yoga teacher should be made aware of. It is the client's responsibility to inform Yoga with Rina if they suspect, or have confirmation that they are pregnant. Currently we do not offer pregnancy yoga.

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### Important Information - Terms and Conditions

All clients are responsible for making sure they disclose any medical conditions or injuries, including mental health to Yoga with Rina, prior to participating in sessions. Any information provided will remain confidential, and will help Yoga with Rina to offer the client appropriate verbal instructions/adjustments to meet their needs.

Clients are responsible for seeking authorisation from their relevant healthcare professional(s) with regards to participation in Hatha Yoga and/or Chair Yoga activities. The client must update Yoga with Rina if any changes occur to their physical and/or mental health that Yoga with Rina was not previously made aware of.

Clients are strongly advised to work within their comfort and capacity, ensuring that they listen to their body at all times during class. If during a session the client feels any strain or tiredness, they must gently come out of a posture and take a rest in a position that feels right for their body.

Yoga with Rina takes no responsibility for any injuries sustained by participation in yoga and related activities. Clients must follow all verbal instructions carefully and take note of any advised adjustments suitable for their needs. They must listen to their body and take due care not to push beyond their own capacity or limitations.

Any client who is under 18 years of age, must have written permission from a parent or guardian to attend class.

Yoga with Rina reserves the right to remove, exclude or refuse access to any client or member of the public, from any class, workshop or event for any reason, at any given time if it is deemed necessary, and a refund may not be forthcoming.

By signing this form, the client agrees they are aware of Yoga with Rina's pricing, term arrangement, refund, cancellation and complaints policies. This form and its terms extend to any cover teacher appointed by Yoga with Rina for part or entirety of a class. If you are unsure of anything, please speak with Rina and ask for clarification before you sign this form or submit any fees. Full Terms and conditions available online <https://www.rinaspiritualcounsellor.com/>.