

**SKYPE/ZOOM/ONLINE/VIDEO Yoga Practice with Sharòn**

**Physical, emotional & spiritual connection & support for Life, Love &**

**Well-being**

**Health Form & Disclaimer (All information provided is completely confidential & not shared with anyone else)**

Name: Date: Skype contact name:

Address: Date of Birth:

Mobile Number: Email Address:

Emergency Contact Name & Mobile Number:

Please make a note of any physical &/or emotional health-related issues which could be helpful to know about: (Eg. High/Low Blood Pressure, Diabetes, Epilepsy, Neck, Back or Breathing issues, significant surgeries, Pregnancy, Depression, Anxiety, Fatigue, Covid-related symptoms…)

Please be reminded that our yoga practice is done with kindness, compassion & respect. We listen honestly & consciously to our minds & bodies, not forcing or imposing any pain or strain on our precious Selves. Yoga is also potentially an evocative & cleansing practice, so please be aware that you may experience physical & emotional feelings surfacing during or following class. ***Please also keep me updated of any significant changes in your physical &/or emotional health.***

**Disclaimer: *It is important that you read & understand the following carefully & sign to confirm this below before participation in the online class:***

1. I understand that it is my responsibility if necessary, to consult with a Physician/Qualified Medical Practitioner prior to and regarding my participation in this online yoga class. I regard myself as physically/emotionally able enough to participate in the class & understand the importance of not imposing any pain upon my body by over-straining.
2. I accept responsibility for informing Sharòn about any medical/emotional conditions, injuries, pregnancy or changes to my health that may affect my practice, prior to a class commencing.
3. I recognise that sometimes yoga requires physical exertion, which may potentially be strenuous and if not approached with caution, may cause physical injury. I participate in the practice at my own risk and accept full responsibility for any injury suffered, whether during or outside of class or from a video recording. I will not hold Sharòn responsible for any injury.

Please note the following:

1. Sharòn will be visible on the screen but it is super important for you to listen really carefully to guidance. On Skype/Zoom she will not be able to see what you are doing as clearly as she would usually do in person (this will depend on your screen size & position) or via a video recording, she will not be able to see you at all, so please take extra care with how much or how little you decide to stretch, hold & generally explore the practice.
2. In Skype/Zoom Group classes you will be able to see other students participating on the screen & it is important that you are comfortable with this.
3. Class details: Suggestion to practice in a quiet space where you will not be disturbed for the duration of the class. You’ll need your yoga mat, with enough room to spread out your arms to the sides & behind you. A blanket & block if you need one too. Have anything to hand which may provide comfort & support. You’ll need WiFi connection & may choose to use your phone, laptop or tablet screen, whichever is clearer for you.

**Signature of participant**:

Print Name: Date:

If participant is under 18, as legal guardian of this participant, I consent to the above terms and conditions.

Child’s Name: Signature of Parent/Guardian:

Date:

How did you find out about Yoga Practice with Sharòn? Please tick or circle:

Google Website Friend Recommendation

Local Advert Facebook Instagram Other

Thank you & namaste, Sharòn ☺ ‘Staying connected in new & meaningful ways’

Skype Contact name: Art santosha 07956671113 info@artsantosha.com [www.artsantosha.com](http://www.artsantosha.com) @artsantosha