

## Covid-19 Information

COVID remains very much to the forefront and I wanted to reassure the community, and my students that I am working within the current guidelines as they apply today. I have had both doses of my vaccination, and will be due my booster before the end of 2021.

Here are a few things to note in terms of the new rules we must follow inline with the government guidance:

- Please bring your own mat and equipment - however if you don't have a mat please do use one of mine and rest assured it will be cleaned and sanitised after each class
- Bring warm layers and a blanket. We are required to have the doors or windows slightly ajar for ventilation.
- Please wear your facemask entering the hall and in all communal spaces. You can take your mask off once you are settled on your mat.
- Take your shoes off before entering the hall and place them next to your mat with all your belongings.
- The mats will be placed in line with the 2 metre rule, if you are using your own mat, place it on top of one of the mats laid out.
- Please use the hand santister available.

## FAQ's

### Why do we ask for personal information on our registration form?

The personal data collected by Penny's Yoga Path at the time of booking on to a class or 6 week course is to help me to plan appropriate classes that meet individual needs and to cover the Insurance Company criteria.

### What will you do with my contact details?

We will use your email address and telephone number to share with you any information regarding changes to the timetable, new classes or up and coming events. We ask you to sign on the front page of the Registration and Health Questionnaire giving your permission for this. To opt out please contact me directly at any time.

## What else do you do with my personal details?

All information gathered by Penny's Yoga Path, either on paper or via email, is stored safely, treated as confidential, and not shared with a third party. Penny's Yoga's Path Insurance Company request that we keep a record of our student's data and registrations for seven years after their last class with us. Once this period has elapsed, your data is destroyed.

*We care about all our student's, both present and past, so if you have any concerns regarding the data you have provided please do contact us to discuss this.*

## Waiver

- I understand before commencing any activity program I should consult my doctor
- I recognise that it is my responsibility to inform the teacher of any injury or illness at the start of every class
- Modifications will be given but everything in this class is optional, our bodies are different from day to day, it is important to listen to them
- If at any time during the class you feel you need to rest please feel free to do so
- While participating in the class if you feel any discomfort or pain at any time, please slowly come out of the pose
- I am aware that yoga is not a replacement for examination, diagnosis or treatment from a medical professional
- I accept that the teacher is not liable in any way for any injury or damages to the person or property resulting from taking the class
- Cancellation policy: Courses cannot be cancelled due to them running for a set time at a reduced cost. Classes/drop-ins may not be cancelled but you can be transferred to a different date with over 24 hours notice