



Yoga with Alison MacGregor

Chartered Educational Psychologist, Yoga Instructor and SDTA Member

Yoga classes Via Zoom – Starting Sunday 21st June 2020

Conditions apply to all classes attended:

- Participants should dress in suitable exercise/class clothing.
- Participants are advised to do the class with bare feet.
- Participants should use a yoga mat or equivalent if available.
- Please bring a Theraband, notebook and water.
- Participants are advised to avoid eating two hours before the start of the class.
- The SDTA should be informed of any relevant medical conditions.
- The SDTA will not be responsible for any injury or for loss/damage to belongings.
- Participants should be aware of the space they have (including the ceiling height) and safely remove/adjust any potentially obstructive objects in their space.
- Participants should use suitable flooring.
- Participants are taking part at their own risk and are responsible for their own safety and welfare.
- Participants should alert the lecturer if they feel unwell, are injured or have any kind of accident during the session.
- Participants should sign in and press “mute” to allow the lecturer to provide an introduction.
- Participants should raise their hand during the lecture if they have any questions, and the lecturer will invite them to press “unmute”.
- The online session cannot be recorded and/or shared.

Age 16+
7pm – 8.30pm
£5.00 per class



PLEASE SEND FORM TO: office@sdta.co.uk PAY VIA SDTA SHOP: www.sdta.co.uk/shop

Name: _____ Age: _____

Address: _____

Tel. No: _____ Name of Dance School: _____

Relevant medical conditions/allergies: _____

Email Address: _____

Emergency Contact Name: _____ Emergency Contact No: _____

I agree to the conditions listed above for all classes attended.

I consent to the SDTA publishing photographs on official SDTA social media platforms, taken throughout all classes attended.

Signature of participant: _____ Date: _____