



# Yoga with Karen Baird

Yoga Instructor and SDTA Examiner

Yoga classes Via Zoom  
Starting Sunday 14<sup>th</sup> June 2020



Age 9-12yrs 11am - 12pm

£5 per class

Age 9-12yrs 12pm - 1pm

£5 per class

Age 13yrs+ 1.30pm - 3pm

£5.00 per class

## Conditions apply to all classes attended:

- Participants should dress in suitable exercise/class clothing.
- Participants should use Yoga mat or equivalent if available.
- Please bring a Theraband, notebook and water.
- 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.

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**PLEASE SEND FORM TO: [office@sdta.co.uk](mailto:office@sdta.co.uk)**

**PAY VIA SDTA SHOP: [www.sdta.co.uk/shop](http://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 parent/participant: \_\_\_\_\_ Date: \_\_\_\_\_