

CHILDREN'S YOGA DATA SHEET

Please bring this data sheet to the first session, filled out and signed on both sides, or send it by e-mail before the (first) session.

- Child's name:
- Parent's name, contact information (e-mail address and phone number):
- Child's date of birth:
- Method of birth (natural or caesarean section, premature birth, complications...etc.):
- Has the child ever done yoga?
- What other physical activities does/did the child attend?
- Child's illnesses and problems that affect their health/mental state:
- Mental causes, characteristics:
- How did you hear about my classes?

Date:

Signature

YOGA RULES

- We practice children's yoga in comfortable clothing that does not hinder free movement.
- It is also recommended to bring a water bottle.
- Given that there are several classes in a row, please arrive with the children before the class and for the children after the class.
- A separate application and feedback is required for the class no later than 24 hours before each class, or to indicate if the child will not be able to participate in the class.
- In case of cancellation within 24 hours, the class will be deducted from the pass/the class must be paid for.
- Four-day passes can be purchased for the classes, which are valid for six weeks. Official holidays, public holidays, and if I am unable to hold the class, it does not count towards the six weeks, so it extends the expiration date.
- If you are taking the class for the first time, you can also pay for the session. In other cases, this is not possible.
- Passes cannot be used beyond their validity period, and the amount paid is not refundable.
- Participation in a given class requires that the class be paid in advance.
- Classes can be paid for in cash or by bank transfer.
- Given that this is a physical activity, it is recommended that the child not eat before the class, at most a small snack.
- Children should not come to yoga if they are sick or have a fever, to avoid further infection, and it is not recommended to exercise in such a state.
- Chewing is not allowed in children's yoga classes, as this is a risk of accidents.
- Wearing any kind of jewelry during children's yoga class is not advisable, and can also cause accidents.

Date:

Signature