

Message from Barbara Currie

Whilst the COVID-19 situation continues to change rapidly and on an almost daily basis, I have decided, after a good deal of thought, that until further notice I will teach my classes on-line via Zoom.

There are a great many benefits of Zoom. You are in the comfort of your own home, and your room can be as warm or as cold as you wish it to be. You have no traffic, parking problems or expenses and you don't have to rush to your class. There is no worry about social distancing or the risk of infection.

Yoga has many benefits and in my opinion is even more important at this time. Remember it will keep you flexible, tone and firm every muscle, beat stress, help you relax and sleep well, stimulate your immune system and above all give you a lovely toned yoga body.

However, it is very important that you remember that you must never strain, go at your own pace and stay within your own comfortable limits and remember that it is normal for your body to vary on a daily or weekly basis. Yoga is for healthy people and if you have any health concerns at all then please check with your doctor before you begin to practice, to make sure he is happy for you to join up.

Before registering for a class online please read the disclosure below and by registering you are agreeing to it.

"I understand that I participate in all yoga classes entirely at my own risk and no responsibility for any loss, damage or injury, or any other mishap will be the responsibility of the class organiser or teacher".

Guidance for online lessons

1. **Make sure you are dressed in suitable clothing. Have bare feet.**
2. **Make sure you have adequate space and your room is free from clutter.**
3. **Make sure you are warm enough, have a mat near you and maybe a blanket to cushion your knees is necessary.**
4. **It is wise to have a bottle of water near you.**
5. **Make sure you have no pets in the room.**

Please note that the actual class will last for one hour but knowing that you will wish to chat to your friends I will keep the class open for 30 minutes extra so you have time to make yourself a coffee and have a chat.

Enjoy

Barbara Currie School of Yoga

Online class registration form - October 2020

For completion and return by Monday 28th September

Class timetable – Monday 5th October – Friday 30th October 2020

Please tick relevant boxes for classes you wish to join.

Mornings 10am – 11am	
MONDAY – Beginners/intermediate	
TUESDAY – Advanced/intermediate	
WEDNESDAY – Beginners/intermediate	
THURSDAY – Beginners/intermediate	
FRIDAY – Advanced/intermediate	
Evenings 6pm - 7pm	
MONDAY – all levels	

Please tick the class or classes you would like to join above.

FEES PAYABLE : per class for 4 weeks £40

HSBC Bank – Account name : Yoga BC Ltd

Sort Code 40-45-22

Account number : 11770578

Reference : your surname

YOUR REGISTRATION FORM: *should be returned by Wednesday 2nd September, and on receipt of it together with payment, the monthly zoom password will be sent to you on or before 6th September. In making your payment you are confirming you have read and agree to the disclaimer as below.*

“I understand that I participate in all yoga classes entirely at my own risk and no responsibility for any loss, damage or injury, or any other mishap will be the responsibility of the class organiser or teacher”.

Name

Date

Email address

Please sign and complete this form and return by email to zabarifamily@gmail.com.

All enquiries contact Barbara Currie on 01372 467177 or barbaracurrie@globalnet.co.uk