**Staff Wellbeing Yoga Classes – Zoom Term 1**

Yoga classes will commence on Monday 5th October 2020 – Thursday 10th December 2020

The classes will take place as follows:

* Monday 1-2pm, Zoom (All levels)
* Thursday 1-2pm, Zoom (All levels)

Please tick the appropriate box below to indicate how many classes you wish you sign up for:

I would like to participate in the Yoga Classes and authorise the Payroll Department to deduct a one off payment of £7.50 from my salary to prepay for 5 classes.

I would like to participate in the Yoga Classes and authorise the Payroll Department to deduct a one off payment of £15 from my salary to prepay for 10 classes.

I would like to participate in the Yoga Classes and authorise the Payroll Department to deduct a one off payment of £22.50 from my salary to pre-pay for 15 classes.

I would like to participate in the Yoga Classes and authorise the Payroll Department to deduct a one off payment of £30 from my salary to pre-pay for 20 classes.

**Disclaimer**

In signing up to attend the Staff Wellbeing Yoga Classes I confirm that I have read and understood the following terms and conditions:

* Whilst participating in the Yoga classes I understand that I will receive information and instruction about Yoga. I recognise that exercise requires physical exertion, which may be strenuous and may cause physical injury, and I am fully aware of the risks and hazards involved.
* I understand that it is my responsibility to consult a physician, if required, prior to my participation in the Yoga classes offered by the Conservatoire.
* I confirm that I am physically fit and I have no medical condition, which would prevent my participation in or put my health at risk in the classes I have signed up for.
* If I am pregnant I understand that I participate fully at my own risk and will advise the yoga teacher at the earliest opportunity so that adjustments can be made in each class as appropriate.
* In signing this form I hereby take full and sole responsibility from any liability, loss or damage to personal property associated with Yoga classes or any other events.
* I knowingly, voluntarily and expressly waive any claim I may have against the Royal Conservatoire of Scotland and its Yoga teachers for injury or damages that I may sustain as a result of participating in the wellbeing programme.
* I am required to use the appropriate equipment as part of the Yoga class. I understand that I am responsible for the maintenance and suitability of any equipment I do bring.
* I understand that I am responsible for my own well-being during the class and should practice at my own pace..
* If any accidents or injuries occur during class I should complete the necessary reporting procedure as set out by the Health and Safety Department.

**I have read the above disclaimer and waiver of liability and fully understand its contents (please tick to confirm):**

**We take your privacy very seriously. Please find a copy of our Privacy Notice at:** [**www.rcs.ac.uk/policy/privacy**](http://www.rcs.ac.uk/policy/privacy)

**Name: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**Department: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**Signed: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**Date: \_\_\_\_\_\_\_\_\_\_\_**