



MY ASHRAM YOGA
YOGA CONSENT FORM DURING COVID-19

Potential Symptoms of Covid-19:

- Persistent dry cough
- A temperature of 37.8 degrees Celsius and above
- A loss of sense of smell and taste

COVID -19 : Risk of transmission:

My Ashram Yoga operates with very strict hygienic and sanitation protocols in place to protect our yoga students at the studio.

Whilst we have taken precaution to limit your risk of exposure to coronavirus, we cannot guarantee that there is no risk to you as a result of attending the studio.

You are classified as vulnerable and at risk if you are:

- -Over 70 with underlying health conditions
- Pregnant
- Have a long term health condition like cancer, a respiratory condition, heart condition or diabetes
- Are currently shielding after receiving a government letter or living with someone who is shielding

Terms of Consent:

- I do not have active symptoms of Covid-19 and I am not currently awaiting a test result for the virus.
- I understand that there is a risk of transmission of COVID 19 as a result of attending the studio.
- I understand that Tracy Schonfeldt and My Ashram Yoga Studio cannot accept responsibility for transmission of COVID-19 should I become infected.

By signing below, I consent that I have read, agreed and understood the statements above and agree to the Terms of Consent.

Yoga Student name..... Date.....

NB To sign this electronically please complete the following steps:

1. Open the document you wish to add signature to
2. Move your cursor to the space where you'll insert your signature
3. Click "Insert" on the top row of tabs (next to "file" and "home")
4. Select "Signature Line" followed by "Microsoft Office Signature Line"
5. Click 'OK' when pop up window appears
6. Write "your name" under "Suggested Signer" tab
7. Select "Sign"
8. Save word document on your device and send it back to me by attaching it to your email.