

# Easier Movement

## New Student Form

Name.....

Email .....

Phone number .....

Emergency Contact .....

I understand that I must inform the teacher before the start of the class of any current injuries or medical conditions, whether or not I feel it is relevant to me taking part in the class. I have consulted with my GP and/or health professionals before participating in this class.

I understand that the movement instructor and the venue will take reasonable care in teaching me based on the information that I provide.

I have read and understand the class guidance leaflet

Signed .....

Signed by parent or guardian if under 18 years

Printed name .....

### Data Protection & Privacy

I am committed to protecting your privacy. I take special precautions with your sensitive personal data and I will process your data lawfully and as described. I only process the data I need for as long as I need to and I respect all of your rights under GDPR. I will never sell, share or otherwise abuse your data. You can contact me at anytime to request your data, change your preferences or request that your data be deleted. GDPR is the European privacy law designed to protect you and give you control of your data.

# Easier Movement

## Class Guidance Leaflet

**Please read this class guidance before signing the new student form**

**The risks of participating in this class are very low as you are in control at all times.**

The movement class will include the following activities:

Getting up and down from the floor independently

Lying down on your back, sides and front

Joining in with slow, gentle movement guided by my vocal instruction

Through the class you agree to the following:

- You will move at your own pace and rest when you need to
- If you experience pain or discomfort you will stop and rest
- If discomfort persists after a rest you will inform the instructor

At the end of the class you are likely to sense differences in how you move

- You will take time to sense what differences might have occurred in you; everyone responds differently
- Get up from the floor slowly and gradually
- Move slowly once upright

You may feel like being quiet and not talking for a few minutes once you have got up. I leave plenty of time for you to sense differences and adjust before speaking to you.

I am available for 10 minutes prior to and after every class if you have any questions

It is recommended that you plan quiet time and rest after the class until you have fully adjusted to any differences that have occurred.