



# MOVE WITH SPACE

YOGA ACTIVITY HOLIDAYS

## Declaration



Thank you for booking our fabulous Activity Holiday.

Your enjoyment, health & safety are our priority, and our team of fully qualified, experienced professionals will make every effort to ensure this is adhered to.

### Medical conditions

If you are currently under a GP/specialist for any existing medical conditions or have any concerns relating to your health, we strongly advise you to consult your GP prior to attending the Activity Holiday and obtain a letter of consent.

If you have any concerns medical or otherwise (prior to or during the holiday) please report this to a member of the team at your earliest opportunity.

### What to pack

Ensure you bring the correct clothing and footwear for the activities sun protection, sun hat and sunglasses a towel or yoga mat

If you are unsure about what to bring please call us on **07901 826383** and we will be happy to advise you.

Finally, please sign and date the declaration below and hand this whole sheet to one of the team on arrival.

We look forward to seeing you there!

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I have read the above information and will adhere to the advice and instructions outlined above.

I will inform Move With Space of any existing medical conditions prior to the holiday (if applicable), and I agree to notify them of any changes that may occur. I enter into this holiday at my own risk and am fully responsible for my nutrition, hydration, sun protection, and alcohol consumption during the holiday.

I agree that if there are any accidents, loss, or damage to myself or my property there shall be no liability on the team's part.

Print Name \_\_\_\_\_ Sign \_\_\_\_\_ Date \_\_\_\_\_