



HOLISTIC **YOGA**

Van Beuningenstraat 54D, 1051XH  
Amsterdam, Nederland

## Holistic yoga - Privacy Document

### Your privacy

In order to give a good yoga class that is based on your needs it is necessary, as a Holistic yoga teacher, that I document and compile a file of information relevant to your mental and physical health. Some yoga postures or techniques are not advised when a person has a certain medical condition or is taking certain medicines. Therefore I need to have prior knowledge in order to give you alternative postures.

The Dutch organisation, which I am registered with called WGBO makes this a legal requirement.

Your personal file contains information about the state of your health and any information relating to medicinal use as well as about the type of yoga postures and techniques, which I have given and observed during the classes.

I am committed to doing everything in my power to protect the privacy of your information. This means that I will take care of the management of your personal and any medical information. Furthermore, that without your prior permission, I make sure that unauthorised people or organisations have no access to your information.

As your Holistic yoga teacher, I am the only person who has the right of access to the information in your file, which I must keep for 20 years. After which your file will be destroyed.

I am obliged by a legal and professional obligation to observe this.

Please answer in the following questions:

Name

Date of birth

Email address

Information relating to prior accidents, operations or present use of medicines

Name, City and Signature