

(Return this form to your teacher)
YOGA ROAD CLASS ENROLMENT FOR
TERM 4, 2018

When: Tuesday 16th October to Thursday 29th November, 2018 (7 week term)

At: Artarmon Bowling and Recreation Club, 1a Burra Road, Artarmon

| Day | Time | Dates | Cost/Term |
|----------|-------------------|----------------|-----------|
| Tuesday | 09:00am – 10:30am | 16/10 to 27/11 | \$154 |
| Tuesday | 07:30pm – 9:00pm | 16/10 to 27/11 | \$154 |
| Thursday | 07:30am – 8:30am | 18/10 to 29/11 | \$126 |
| Thursday | 09:00am – 10:30am | 18/10 to 29/11 | \$154 |

Details on Prices

- Enroll in two classes a week and pay only \$277 for 2 X 90 min, or \$252 for 90 and 60min for the term
- Make-ups for missed classes encouraged but are dependent on places in classes, so should be pre-arranged and are limited to two per term. Depending on places available, paying for extra classes casually may be possible. \$20 for 60 mins class, \$25 for 90 min class.
- Private lessons can be arranged - \$50 per 90 minutes

Enrolment Procedure

- Go to www.yogaroad.com.au and complete your enrolment online, then make a direct deposit through your banking website

OR

- Mark the class or classes in which you wish to enroll
- Return this signed form with your payment or notice of direct deposit to your teacher.
- If your contact details have changed please let your teacher know
- If you have any new or changed conditions which may affect yoga, let your teacher know

Enrolment fees by direct deposit (preferred), cash or cheque

Direct Deposit: Yoga Road
012-275
9012-90826
Reference: Your name and T4 Yoga

I enclose/have directly deposited \$_____ being deposit/full fees

Name: _____

Signature: _____ Date: _____

Sue Livingston 0423 697 363
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(RETURN THIS FORM TO YOUR TEACHER)

CAUTIONS FOR YOGA PRACTICE

Many of us have at least one of these conditions (including yoga teachers!). However for your safety please advise your yoga teacher if any of the following conditions relate to you or *any* condition you think may be affected by yoga practice. This information is kept confidential.

- Aneurism, history of stroke
- Anxiety
- Arthritis or joint soreness
- Asthma or any other breathing difficulties
- Chronic or acute pain
- Depression
- Diabetes
- Dizziness, or balance/unsteadiness issues
- Endometriosis
- Epilepsy
- Glaucoma, or any other eye condition
- Headaches or migraines
- Heart disease or condition
- Hiatus hernia
- High or low blood pressure...medicated?
- Hyper-mobile (“double-jointed”) joints
- Inflammatory conditions
- Muscular problems eg frequent cramps
- Neck, back, shoulder, knee or any joint problems
- Osteoporosis
- Pelvic floor weakness or over-tightness
- Post traumatic stress disorder (PTSD)
- Pregnancy
- Sciatica
- Spinal injury/condition
- Thyroid condition
- Ulcer
- Varicose veins