

(Return this form to your teacher)  
**YOGA ROAD CLASS ENROLMENT FOR**  
**TERM 3, 2019**

**When:**      **Term Dates: Tuesday 23<sup>rd</sup> July until Thursday 19<sup>th</sup> September 2019**  
**8 classes (Tues 20th August and Thursday 22nd August are excluded)**

**At:**            **Willoughby Park Centre, Cnr McClelland St & Warrane Rd, Willoughby**

Day	Time	Dates	Cost/Term
Tuesday	09:00am – 10:30am	23/7 to 17/9 Excl 20/8	\$176
Tuesday	07:30pm – 9:00pm	23/7 to 17/9 Excl 20/8	\$176
Thursday	07:30am – 8:30am	25/7 to 19/9 Excl 22/8	\$144
Thursday	09:00am – 10:30am	25/7 to 19/9 Excl 22/8	\$176

**Details on Prices**

- **Enroll in a Tuesday and a Thursday class and pay only \$288**
- 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.
- Private lessons can be arranged - \$50 per 60 minutes for current students

**Enrolment Procedure**

- ☐ Go to [www.yogaroad.com.au](http://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 T3 Yoga

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

Name: \_\_\_\_\_

Signature: \_\_\_\_\_ Date: \_\_\_\_\_

Sue Livingston      0423 697 363  
[yogaroad@optusnet.com.au](mailto:yogaroad@optusnet.com.au) , [www.yogaroad.com.au](http://www.yogaroad.com.au)

(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