

(Return this form to your teacher)
YOGA ROAD CLASS ENROLMENT FOR
TERM 1, 2019

When: **Term Dates: Tuesday 4th February to Thursday 9th April, 2020**
9 classes (Tues 18/2 and Thurs 120/2 are excluded)

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

Day	Time	Dates	Cost/Term
Tuesday	09:00am – 10:30am	4/2 to 7/4 Excl 18/2	\$198
Tuesday	07:30pm – 9:00pm	4/2 to 7/4 Excl 18/2	\$198
Thursday	07:30am – 8:30am	6/2 to 9/4 Excl 20/2	\$162
Thursday	09:00am – 10:30am	6/2 to 9/4 Excl 20/2	\$198

Details on Prices

- **Enroll in a Tuesday and a Thursday 7:30am class and pay only \$324**
- 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 or Yoga Therapy sessions can be arranged

Enrolment Procedure

- Go to www.yogaroad.com.au and complete your enrolment online, then make a direct deposit through your banking website. Please let Sue know if you have any of the cautions on Page 2
- OR**
- Let Sue know of your intention to enroll, print this form and mark the class or classes in which you wish to enrol
 - 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 T1 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