

## YOGA ROAD STUDENT REGISTRATION

(Return this form to your teacher)

First Name	Last Name
Date of Birth	Email
Mobile Number	Home Telephone Number
Address	

### **MEDICAL HISTORY (please also indicate on list of Cautions over this page)**

Do you have a history of any chronic or major medical condition and/or undergone surgery in the past 5 years? If YES, please provide details.
Are you currently taking any medication? If YES, please provide details.

### **YOGA EXPERIENCE**

Have you done yoga before? If YES, what style and for how long?	Do you exercise on a regular basis?
What are your expectations/requirements of yoga? Please circle all applicable.	
Improved strength    Improved posture    Increased energy    Improved general health	
Flexibility    Weight loss    Stress Management    Relaxation    Spiritual development	
Managing a pre-existing condition    Other (please describe)	

#### *Declaration and Disclaimer*

The information contained in this form is complete and accurate to the best of my knowledge. I understand that while the teacher will take every care to ensure student safety, it is the responsibility of the individual to work within their own physical limitations. I agree to practise yoga safely according to the instructions of the teacher and within my personal limitations.

Signed: \_\_\_\_\_ Date: \_\_\_\_\_

All information provided on this form is kept **strictly in confidence** between student and 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

(YOU CAN KEEP THIS)

## *Yoga Road Guidelines*

If you haven't attended a yoga class before, you will find that the following "yoga etiquette" guidelines tend to apply to all good yoga classes.

- ॐ *Shoes are left outside the room where the practice occurs. Yoga is performed barefoot.*
- ॐ *Mobile phones are switched off entirely (Silent mode in emergency situations).*
- ॐ *Personal items such as bags and keys are stored together near the boxes at the folding door and out of the general practice area or near the mats of others.*
- ॐ *Arrive 5-10 mins early, so class can begin on time. The class always starts with a quiet "settling" time, so students who are running late either enter and set up very quietly, or wait to set up once the active part of the class commences*
- ॐ *If it is imperative to leave early, notify the teacher and chose a position near the door. Final relaxation is an integral part of the longer classes. Students are expected to stay for this unless prior arrangement is made with the teacher.*
- ॐ *Attention to personal hygiene, especially foot cleanliness, displays welcome respect for others in the class.*
- ॐ *It is very important to keep your teacher informed about changes in health or recent injuries. Let the teacher know if you are on pain-killers (e.g. Ibuprofen/Nurofen or Paracetamol) before class as this will mask feelings of stretch possibly leading to injury.*
- ॐ *If you are physically unwell, or have a potentially contagious illness, do not attend class. The best yoga for you is rest!*
- ॐ *Do not wear strong perfumes, lotions or essential oils to class.*
- ॐ *If you experience pain, STOP and let the teacher know. If you wish to experience a pose more deeply, or something doesn't feel right, let the teacher know. Modifications and adjustments are our specialty!*
- ॐ *Most yoga positions and a full stomach aren't happy partners. Eat your meal 1-2 hours prior to class, or snack on a small piece of fruit or cracker and topping if necessary.*
- ॐ *Avoid inversions when you have a headache, during menstruation, head colds, if you have high blood pressure, or eye problems– ask about alternatives*
- ॐ *Yoga is a spiritual practice which nurtures the body, calms the mind and soothes the spirit. Competition with others or even with oneself dulls many of the benefits of yoga – relax and enjoy your practice!*

Please feel free to call or email Sue if you have any questions or concerns relating to yoga or classes.

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