*The information you provide here confirms your registration and enables the understanding of your yoga experience and health, so that the highest level of safety and care can be provided to you.*

*Without information on any health conditions, injuries or changes, it cannot be guaranteed that you will get the most out of your yoga. Your information is considered private and will remain strictly confidential, in accordance with Happy Soles Privacy Policy.*

 **PERSONAL & CONTACT**

**(Please print clearly)**

Name:

Address:

Email:

 **HEALTH DETAILS**

***(Please circle)***

1. Have you recently undergone surgery (within the last year)?

**Yes No**

If yes, provide details:

2. Do you have any ongoing medical conditions?

(e.g. high/low blood pressure, diabetes, epilepsy etc)?

**Yes No**

If yes, provide details:

IMPORTANT

Yoga is founded on the development of self-awareness, including for each individual practitioner, an awareness of his or her own physical capabilities and limitations, and the rate at which those limitations can be gradually overcome through practice.

It is essential that students retain full responsibility for their own physical well-being in applying instructions in the practice of yoga to their own circumstances, both during and outside classes.

1. First and most importantly, I acknowledge that it is my duty to exercise ordinary care for the protection of others and myself while attending yoga classes at Happy Soles.



Date of birth:

Phone:

Emergency Contact:

Relationship to you:

Phone:

3. Are you pregnant or post-natal?

**Yes No**

If yes, how many weeks?

4. Are you carrying any new/old injuries?

**Yes No**

If yes, provide details:

 (e.g. change of heart rate, lack of coordination, etc) that may impact your yoga practice.

5. Are you currently on any medications?

**Yes No**

If yes, for what condition(s)?:

Please describe any known side effects of these medications:

Happy Soles and Caroline Svitana provide instructions to students in the practice of yoga strictly on that basis.

Happy Soles and Caroline Svitana will not accept liability for any injury or loss suffered by students in their practice, whether during or outside classes.

Injuries are extremely rare in yoga, but we are required to ask you to sign the release below.

2. I understand that it is my responsibility to consult with a physician prior to and regarding my participation in this yoga class. I represent and warrant that I am physically fit and have no medical condition that would prevent my full participation in the yoga class.

3. I accept responsibility for informing Caroline Svitana for Happy Soles about any medical conditions, injuries, pregnancy or changes to my health that may affect my practice, prior to a class commencing.

4. I understand that I am participating in yoga during which I will receive information and instruction about yoga and health. I recognise that yoga requires physical exertion, which may be strenuous and may cause physical injury and I participate at my own risk and accept responsibility for any loss or injury suffered and will not hold Happy Soles or its instructors responsible for any loss or injury.

 GENERAL

*(Please circle)*

5. Whilst in yoga poses, you may be touched or physically adjusted by the teacher. This is a normal part of yoga. Do you consent to this?

**Yes No**

6. In the future, we will be providing our students and clients with newsletters and information about our classes and services including special offers. Do you wish to receive these?

**Yes No**

*Signature of participant*

*Print Date*

If participant is under 18: As legal guardian of this participant, I consent to the above terms and conditions.

*Signature of parent*

*Print Date*

How did you find out about Happy Soles?

Google

Website

Friend

If so, may we have their name (we would like to thank them personally):

Other:

Please TICK HERE to be added to our mailing list. You will receive a monthly newsletter with up to date courses, workshops, complementary therapies and special offers.

P Yes Please!

(you can unsubscribe at any time…)

Course venue:

St Paul’s Church Hall,

120 Church Road,

Quarndon

DE22 5JA

Timing 6-7pm

Please try to arrive a couple of minutes early and sit or lie on your mat.

If you arrive late, please come in slowly and quietly and settle yourself, sitting or lying on your back or front until you feel ready to join in.

Do not rush.

No need for apologies.

Life happens.