



**16/159 Onslow Rd  
Shenton Park 6008  
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**www.yogawestwa.com.au**

**THE FOLLOWING INFORMATION IS REQUESTED TO HELP YOU DERIVE MAXIMUM BENEFITS FROM YOUR YOGA CLASSES AND WILL BE TREATED AS STRICTLY CONFIDENTIAL.**

Date:	Date of birth:
Full Name:	
Best contact phone:	Emergency phone contact:
Email (please print clearly):	
Where did you hear about Yoga West?	
What suburb do you live in?	

If you have suffered any of the following please tick where applicable and supply further information if required.

Back/spinal problems	Neck problems	Shoulder problems
Knee problems	Menstrual problems	Menopausal problems
Arthritis	Diabetes	Heart condition
Asthma	High blood pressure	Low blood pressure
Migraine/headaches	Depression	Stress/anxiety/nervous tension

If you have any other problems or any serious illness/accident/injury that may affect your yoga practice please list below:

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If pregnant please note how many weeks \_\_\_\_\_ Due Date: \_\_\_\_\_

Which classes have you enrolled in?

**Do you wish to be on our mailing list? YES / NO**

(Usually every 2 months to notify of upcoming events or changes to our timetable)



## INFORMATION GUIDELINES AND LEGAL LIABILITY

### **TO BE COMPLETED BY ALL PARTICIPANTS/STUDENTS**

Yoga West, its teachers, staff and representatives advise that Participants / Students taking part in the yoga programmes and classes offered by Yoga West are required to accept, understand and acknowledge the following.

### **LIABILITY**

- a. in yoga, as in other forms of exercise, sports, bodywork, or self-development there exist certain inherent risks.
- b. they are taking part in a physical activity, which may result in physical or other injury to the Participant/Student. These injuries cannot be specified but are not limited to strain of muscles or joints.
- c. they note the warning of a risk of possible injury during the participation in any yoga programme / class
- d. they take part in the yoga programmes / classes entirely at their own risk and
- e. Yoga West, its teachers, staff and representatives do not accept any liability of whatsoever nature and howsoever arising in respect of or in connection with any claim, damages, loss, injury or expenses suffered directly or indirectly by any Participant/Student participating in the yoga programmes / classes.

### **GUIDELINES**

It is a requirement and the responsibility of each Participant/Student taking part in the yoga classes –

1. To inform the teacher before the beginning of the class if they have any problems with regards to their general health or if a Participant/Student of long standing, changes to their health
2. To inform the teacher of any significant health problems (past or present or any that develop whilst a Participant/Student)
3. To inform the teacher if she is pregnant or menstruating
4. To have consulted with their physician before beginning a yoga programme / class if they have any health problem or are pregnant
5. To listen carefully and follow the teacher's instructions at all times
6. To ask the teacher to clarify the direction given by the teacher if they do not understand
7. To understand that if they experience pain in any particular pose to come out of the pose and consult the teacher
8. To speak to the teacher if they are in any doubt or have any concerns about their ability to practice yoga

Yoga West, its teachers, staff and representatives emphasize that the above guidelines should be followed at all times whilst participating in a yoga programme / class.

I \_\_\_\_\_ have read and will comply with the above  
PLEASE PRINT mentioned guidelines and accept the liability terms.

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

Witness \_\_\_\_\_

