

Date:

16/159 Onslow Rd Shenton Park 6008 08 9381 9916

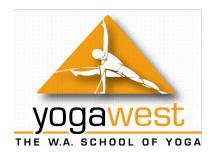
www.yogawestwa.com.au

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

Date of birth:

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 suffere	ed any of the following please tick information if required. Neck problems	where applicable and supply further Shoulder problems	
Knee problems	Menstrual problems	Menopausal problems	
·	Diabetes	Heart condition	
Arthritis		1 loan Containen	
		Low blood pressure	
Asthma	High blood pressure Depression	Low blood pressure Stress/anxiety/nervous tension	
Arthritis Asthma Migraine/headaches If you have any other proctice please list below:	High blood pressure Depression		
Asthma Migraine/headaches If you have any other proctice please list below:	High blood pressure Depression oblems or any serious illness/acc	Stress/anxiety/nervous tension	

(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

- 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 ioints.
- 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.

Ι	PLEASE PRINT	have read and will comply with the above mentioned guidelines and accept the liability terms.
Signed		Date
Witness		