



Yoga

Angela, please add my email to your monthly mailing list, and my mobile number to the What's App conversation for my class.

Name	
House number and postcode	
Mobile	
Email	

Please note any health conditions/concerns you have/medications taken
Please note year of any operations you have had

Female students only please tick that you are not pregnant

<p>Are you a complete beginner to yoga? Yes/no</p> <p>If you already have or do practice yoga say how long for and who with</p> <p>Less than a year, 1-10 yrs, more than 10yrs</p>
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<p>Please circle your two main reasons for wanting to practice yoga</p> <ul style="list-style-type: none"> • improve posture • tone & shape my body • suppleness • relaxation • to help bad back • stamina • time for myself • have fun • be quiet • social join in with my friends • DoE • other? Please state
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<p>Please circle how you heard about my classes:</p> <p>VISTA, leaflet, poster, teacher, friend, facebook, Instagram, Iyengar Yoga uk, Kent Iyengar Yoga, googled yoga near _____ and found AH Yoga.</p>

Signature	
Please circle Place of first AH Yoga class Horley/ WWMethodist Church/At Home	Day & Date of class