#

# 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 |

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| --- |
| **Are you a complete beginner to yoga?** Yes/no**If you already have or do practice yoga say how long for and who with**Less than a year, 1-10 yrs, more than 10yrs  |
| **Please circle your two main reasons for wanting to practice yoga*** 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
 |
| **Please circle how you heard about my classes:** VISTA, leaflet, poster, teacher, friend, facebook, Instagram, Iyengar Yoga uk, Kent Iyengar Yoga, googled yoga near \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ and found AH Yoga. |
| Signature |  |
| Please circle Place of first AH Yoga classHorley/ WWMethodist Church/At Home | Day & Date of class |
| Online class disclaimer: participation in online classes is at your own risk.  |