# 

# 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 | |

|  |  |
| --- | --- |
| **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 class  Horley/ WWMethodist Church/At Home | Day & Date of class |
| Online class disclaimer: participation in online classes is at your own risk. | |