



# Registration Form for Teenager Yoga class at Silverdale School

Friday 4.45pm to 5.45pm (term times)  
with Pascale Vacher



[Certified Iyengar Yoga teacher](#)

Junior Intermediate 3

[Pascale\\_Vacher@yahoo.co.uk](mailto:Pascale_Vacher@yahoo.co.uk)

07941 646418

<http://yogasheffield.org/venue/silverdale-school/>

Silverdale School, Bents Crescent, Sheffield, S11 9QH

## Personal Details

Name: ..... Date of birth: .....  
Address: .....  
..... Postcode: .....  
Email: ..... Genre: F / M  
Telephone — Home: ..... Mobile: .....  
Emergency contact — Name: ..... Phone number: .....

*It is important that the teacher has your contact details and an emergency number to contact you in the unlikely event of a class cancellation or incident in the class.*

## Yoga Experience

Have you attended yoga classes in the past or are you currently attending another yoga class? Yes / No

If yes, please specify: .....

## Class Booking and Payment

Numbers in classes are limited so booking is essential. Payment is due in advance (or at start of new block for existing students). Cost £7 per class when paid as part of the block. Please ask for details.

I enclose payment for £ ..... in cash / cheque made payable to **Pascale Vacher**.

## Disclaimer

**@ Parent/carer** - I authorise my son/daughter to attend the Teenager Yoga class at Silverdale School on Friday 16.45-17.45 with Pascale Vacher.

I declare that the details given above and overleaf are correct and accurate and I agree to notify the teacher of any change in contact details or medical condition. I authorise the teacher to call the emergency contact number provided in case of an incident during one of the classes.

You may use the information given in this form together with any other information that I may provide to ascertain whether Iyengar yoga is appropriate for my son/daughter. By signing this form, I agree to this information being held and for us to be contacted for purposes of yoga only.

Signature (Parent/Carer): ..... Date: .....

*This is a CONFIDENTIAL document. Our [Privacy policy](#) is available on the website. The details you give here will never be released to any external party without first obtaining your permission.*

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## Medical Details

Certain yoga poses and classes are not suitable for students suffering from certain medical conditions such as those listed below. Having these conditions does not mean that you cannot do yoga, but that some classes are not suitable for you and that you may be better suited to attending a remedial class. Please talk to the teacher who will be able to advise you.

***All new students are required to read the information below carefully, answer and sign overleaf.***

Do you suffer from any of the following conditions?

Hypertension (high blood pressure) .....	Yes / No
Conditions associated with heart disease .....	Yes / No
Cancer or benign tumours .....	Yes / No
Epilepsy including Petit Mal .....	Yes / No
Diabetes .....	Yes / No
Meniere's Disease .....	Yes / No
Detached Retina .....	Yes / No
AIDS .....	Yes / No
MS (Multiple Sclerosis) .....	Yes / No
ME (Myalgic Encephalomyelitis) .....	Yes / No
Recent post-operative conditions .....	Yes / No

*If you are in any doubt about practicing yoga please consult your doctor before your first class. The teacher cannot be held responsible for any problems arising from conditions when information had not been volunteered.*

Have you had recent surgery, severe illness or other medical condition or injury (e.g., neck/back injuries, mental health problem such as depression)? ..... Yes / No

*Please specify, indicate whether you have received treatment for this and check with the teacher whether this is suitable class for this condition:* .....

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*For your own safety you may be given alternative poses or adapted ways to work on some of the pose or be advised to join a therapeutic class).*

*If you take medication (e.g., asthma or allergies) please ensure that you bring them to classes as these cannot be kept on the premises.*

### ***For female students only***

*If you are pregnant or have been pregnant recently and new to yoga you cannot attend a normal public class. Please talk to the teacher who will be able to advise you on finding a suitable specialist pregnancy class.*

*Remember to inform your teacher at the beginning of a class when you are menstruating. For your own safety you may be given alternative or adapted ways to work on some of the poses.*

**@ Parent/carer** - If you have any queries (or would like to join one of the adult class in Silverdale too 😊) please do not hesitate to contact the teacher:

**Pascale Vacher**

[IY \(UK\) certified Iyengar Yoga teacher \(JI3\)](#)

Mob: 07941646418

Email: [pascale\\_vacher@yahoo.co.uk](mailto:pascale_vacher@yahoo.co.uk)

Website: <http://yogasheffield.org/venue/silverdale-school/>