



Registration Form for adult Iyengar Yoga classes



at Silverdale School

[Certified Iyengar Yoga teacher](#)
Junior Intermediate 3

Pascale_Vacher@yahoo.co.uk
07941 646418

<http://yogasheffield.org/venue/silverdale-school/>
Silverdale School, Bents Crescent, Sheffield, S11 9QH

Foundation / Gentle	Friday 18.10-19.30	Complete beginners who want an introduction to the Iyengar method of yoga and those who prefer a gentler class.
Beginners	Wednesday 18.15-19.40	For beginners (and those with no experience of the Iyengar method). Introductory asanas (postures) are introduced, which build strength and stamina and improve flexibility and body awareness.
General level	Wednesday 19.45-21.15	For Iyengar yoga students with at least two years of experience or by permission of the teacher. Practice of introductory asanas is deepened and more advanced asanas as well as some simple pranayama (breathing techniques) are introduced.
Intermediate	Thursday 18.45-20.30	For Iyengar yoga students who have attended a 'General' Iyengar class for more than two years, maintain a steady practice and want to progress towards Intermediate poses.
Workshop	Saturday / Sunday	See website for dates, levels and venues and cancellation policy or email Pascale for details.

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:
 How did you hear about this class (Friend / Leaflet / SADIYA Webpage / Sheffield Yoga Centre / Sheffield Forum / IY(UK) website)? If other, please specify:

Class/Workshop Booking

Details of classes levels, cost, dates and times are advertised on the website. Additional information for workshops (possible alternative venues and cancellation policy) can also be found online. Drop-in and concession rate available. Please ask if unsure which class or rate would be suitable for you.
 Numbers in classes and workshops are limited so booking is essential. Payment is due in advance (or at start of new block for existing students).
 Payment can be made by cash, cheque (payable to Pascale Vacher) or bank transfer (Pascale Vacher, sort code: 08-93-00, account number: 12475775 - please email Pascale to let her know about BACS payments).

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.

Please read the following carefully, answer and sign below.

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
..... Yes / No

Have you had recent surgery, severe illness or other medical condition or injury (e.g., neck/back injuries, mental health problem such as depression)?

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

*For your own safety you may be given alternative poses or adapted ways to work on some of the poses. You may also be advised to join a therapeutic class.
If you take medication (e.g., asthma or allergies) please bring them with you to classes as these cannot be kept on the premises.
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.*

For female students only

Are you currently pregnant? Yes / No
Have been pregnant or given birth in the last 18 months? Yes / No

*For your own safety and that of your baby you may be given alternative or adapted ways to work on some of the poses.
If you are new to yoga pregnancy is not the best time to start yoga in a normal public class. Please talk to the teacher who will be able to advise you on finding a suitable specialist pregnancy class*

Disclaimer

I declare that the details given overleaf and above are correct and accurate and I agree to notify my teacher of any change in my contact details or medical condition. The information provided by me in this form together with any other information that I may provide can be used to ascertain whether Iyengar yoga is appropriate for me.

I authorise the teacher to call the emergency contact number I have provided in case of an incident during one of the classes and I agree to this information being held by my teacher and can be contacted for purposes of yoga only.

Signature: 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.