

### NEW RECRUIT ENROLEMENT FORM

Please print out and fill in this form and send it to Janet.  
 All information given is essential and will be treated in the strictest confidence.

Name .....

Address .....

.....

..... Post Code.....

Phone No. .... Date of Birth .....

E-mail .....

Emergency Contact Name .....

\*Phone No. .... (in case of emergency during class)

Medical Conditions, problems and Injuries (past & present) – particularly to back, neck & knees include current or recent pregnancy	Current Medication	Is condition controlled due to medication/ treatment ?
<i>e.g. Asthma</i> <i>e.g. Whiplash 4 yrs ago</i>	Becotide & Ventalin None	<i>YES</i> <i>Not a problem</i>

Continue on back of form if necessary

Session day and time .....

What regular exercise do you take? E.g. walking, swimming

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How often do you exercise? .....

.....

What is your previous experience of Yoga? .....

.....

What are your expectations of attending Yoga classes?.....

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.....

Where did you hear about this Yoga class? (tick where appropriate)

Word of mouth .....

Poster/ Leaflet state where seen .....

Web site .....

Have you any queries? .....

.....

.....

The details on this form are correct and I have read and understand the guidance notes on the handout.

Signed ..... Date .....

## Joining a Yoga class – What is Yoga?

Yoga is a philosophy based on a way of living. Hatha Yoga, as taught in this course, is a form of exercise based on the belief that the body and breath are intimately connected with the mind. By controlling the breath and holding the body in steady poses or asanas, Yoga creates harmony.



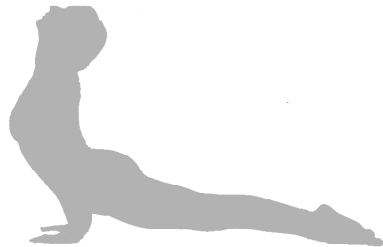
The aim of proper exercise is to improve suppleness, stamina and strength. Each posture is performed slowly in fluid movements. The exercises are designed to ease tensed muscles, to tone up the internal organs, and to improve the flexibility of the body's joints and ligaments. The greater the home practise the more beneficial you'll find your yoga.

Most postures are combined with specific breathing routines. Deep, even breathing will improve your general health. Breathe through the nose unless otherwise instructed.

The release of tension through relaxation is vital to keep the body healthy. Each Yoga session begins and ends with relaxation. This allows the released energy to flow freely. Meditation can help to relieve stress and replenish your energy.

Remember - Yoga is about LOVE and HARMLESSNESS – starting with yourself!! Work within your body's capabilities.

Your tutor is Janet Evans, British Wheel of Yoga Teaching Diploma (recognised by the Sports Council), and can be contacted on 01952 245983 or email [janetevansyoga@aol.com](mailto:janetevansyoga@aol.com) [www.janetevansyoga.co.uk](http://www.janetevansyoga.co.uk) Do talk to me if you have any queries or would like further information.



## Guidance Notes

Yoga can be practised by young and old alike. While there is no one who should be excluded, **check with your doctor before you begin a course** if you suffer from a medical condition or have any doubts. This class will concentrate on gentle movements and improving breathing.

Always wear comfortable clothing for your practice. Track suits, shorts or leggings and tee shirts are very suitable. Do not wear anything tight or restrictive especially around the waist.

Be prepared to work with bare feet. If you do need something on your feet wear SOFT non-slip gym shoes

Warm clothing including socks will be required for relaxation. A blanket or towel is also useful during this time.

Sessions will be mainly seated, but it may be useful to take a Yoga mat, an aerobics or foam camping mat or something large enough to lie down on. For relaxation you may find it more comfortable to lie on the floor.

A belt and small hard cushion will be useful aids to help on the way to attaining alignments.

A period of one hour should elapse after light meals e.g. toast or sandwiches, before beginning practise. Four hours after a heavy meal, to allow unhindered digestion.

Violent movements and straining should be avoided. Work at your own pace, within your own capacity. There is no competition or 'end gaining'. If a movement is difficult unaided props can be used or help given to ensure you get the maximum benefit. With time and practise your range of movement should increase. If a medical condition prohibits certain movements there are usually alternatives, or you can rest.

Please fill in the attached form and tell me when new medical problems arise, or if particular movement causes other problems to come to mind.