



Registration Form
for **Iyengar Yoga classes** at **Silverdale School**
with **Pascale Vacher**



Beginners 1 class	Wednesday 6.00-7.15pm	Complete beginners- no previous experience necessary
Beginners 2 class	Wednesday 7.15-8.45pm	Yoga students with at least 6 months of yoga practice
General	Thursday 6.45-8.15pm	Yoga students with at least 2 year of Iyengar yoga practice
Workshops	Saturday morning <i>Dates to be announced</i>	All students with at least a few months of experience of Iyengar yoga. 'Eternal' beginners are welcome too!

*Please read and fill in this form carefully and sign it at the back.
This is a CONFIDENTIAL document. In order to comply with the provisions of the UK's Data Protection Act 1998, the details you give here will never be released to any external party without first obtaining your permission.*

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 or an emergency number so that can try to contact you in the unlikely event of a class cancellation or incident in the class.

Yoga Experience

Have you already attended Yoga classes in the past? Yes / No
If yes, please specify (e.g. when, where, for how long, what kind of yoga):

 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 / IYA(UK) website)? *If other, please specify:*

First Payment

Classes *	Beginners Level 1 / Beginners Level 2 / General	Workshop
Taster class	£5	Workshop <i>see details on website</i> Concession rate***
Block booking**	£42/£36/£30 (for a 5/6/7-week block)	
Drop-in rate	£8 per class	
Concession rate***	£5 per class	

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

**Please ask if you are not sure which class would be suitable for you.
 **Delete as appropriate depending on the length of the current block of classes or workshop. Please ask if unsure.
 ***Concession rate available (e.g., students, people on benefits, booking for more than one class). Please ask.
 Please circle appropriate option and hand in or send this form with your payment to Pascale Vacher (10 Bents Drive, Sheffield S11 9RP).
 Thank you.*

Medical Details

All new students are now required to 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

Certain yoga poses and classes are not suitable for students suffering from certain medical conditions such as those listed above. 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.

For female students only

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

*If you are pregnant 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.
For your own safety and that of your baby you may be given alternative or adapted ways to work on some of the poses.*

Have you had recent surgery, sever 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 class is suitable for your condition:
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*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).
Students on medication (e.g., asthma or allergies) must take their medication to classes as these cannot be kept on the premises.*

Signature

I declare that the details given overleaf and above are correct and I undertake to inform my class teacher if there is any change in my contact details or medical condition. I authorise the teacher to call the emergency contact number I have provided in case of an incident during one of the classes

I agree to this information being stored on a database and can be contacted for purposes of yoga only.

Signature: Date:

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.