

Kindness Yoga Registration Form

Name	Telephone no
Address	Emergency contact telephone no.
Postcode	Your Date of Birth
E-mail	Occupation

Your health

Any injuries? Yes No

Tell us more:

Any health conditions that might affect your yoga practice?

Tell us more:

Ever been told by your doctor that there are physical activities that you should not perform?

Tell us more:

Are you pregnant? Yes No

If yes, how many months?

Have you recently given birth? Yes No

If yes, how long ago?



Your yoga teacher and Kindness Yoga can accept no liability for personal injury related to participation in a class if:

- a) your doctor has advised you against such exercise
- b) you have not observed instructions on safety and technique
- c) such injury is caused by the negligence of another participant in the class

Classes

Which class would you like to join?

Wednesdays 18.30 - 19.45

20.00 - 21.15

Saturdays 12.30 - 13.45

Finally...

How did you hear about us?

- Search Engine (google, yahoo)
- Newspaper
- Other
- Blog
- Flyer