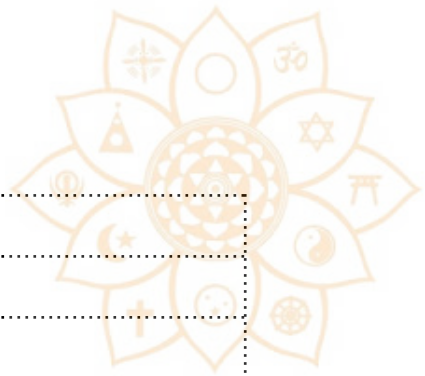


KALYANI YOGA



Personal Details	
Name -	
Address -	
Contact Number -	
Email -	
Emergency Contact -	
Have you practised Yoga before? Y/N	
Limitations/Injuries -	
Aches and Pains -	

If at any time if you feel discomfort, pain or strain gently come out of the posture. You may rest at any time during the class. It is important in yoga that you listen to your body, and respect its limits on the given day.

I recognise that it is my responsibility to notify my yoga teacher of any serious illness or injury before class. I will not perform a yoga posture to the extent of strain or pain. I accept that my yoga teacher is not liable for any injuries resulting from taking part in the class. Those under 18 must have this form signed by a parent or guardian.

Name -	Signature -	Date -
Parent/Gaurdian -	Signature -	Date -

- Please tick here if you wish your email address to be added on to a mailing list to keep you updated of new classes and workshops.
- Please tick this box to confirm you know how to access Kalyani Yoga's Data Protection Policy.
- Please tick this box if you are happy for me to administer first aid on you in the event of an accident or injury.

Data Protection: It is entirely up to you what information you choose to share in this document. Anything that you do include will be used help me tailor the session to your specific needs. I will not share your information with anyone else. However please note I will need to retain some information for legal purposes for at least 5 years. Your privacy is important to me. You can find our full Data Protection Policy on www.kalyaniyoga.org