# 

|  |  |  |  |
| --- | --- | --- | --- |
| **Name** |  | | |
| **Mobile** |  | | |
| **Email** |  | | |
| **House number** |  | **Postcode** |  |
| **Please note any health conditions or concerns you have & medications you are taking.** | | | |
|  | | | |
| **Please note the year of any operations you have had.** | | | |
|  | | | |

# ***Angela, please add my email address to your monthly mailing list,***

# ***and my mobile number to the WhatsApp conversation for my class.***

|  |
| --- |
| **Are you a complete beginner to yoga?** Answer Yes or No ? |
|  |
| **If you already have or do practice yoga say how long for & who with?**  e.g. Less than a year, 1-10 yrs, more than 10yrs ? |
|  |
| **What are your two main reasons for wanting to practice yoga?** (Circle/underline/highlight) |

|  |  |  |
| --- | --- | --- |
| improve posture | tone & shape my body | suppleness |
| relaxation | to help bad back | stamina |
| time for myself | have fun | be quiet |
| social join in with my friends | DoE |  |
| Other? Please state | | |

|  |
| --- |
| **How you heard about my classes?** (Circle/underline/highlight) |

|  |  |  |
| --- | --- | --- |
| VISTA | leaflet | poster |
| teacher | friend | Facebook |
| Instagram | Iyengar Yoga UK | Kent Iyengar Yoga |
| Googled “yoga near \_\_\_\_\_\_\_\_\_\_\_\_\_” and found AH Yoga. | | |

|  |  |
| --- | --- |
| **Signature** | |
| **How will you attend your first class?** (Circle/underline/highlight) | **Day & Date of class** |
| Methodist Church  AH Home studio | Online via Zoom |  |
| Online class disclaimer: participation in online classes is at your own risk. | |

Return to [angelahulm@gmail.com](mailto:angelahulm@gmail.com)