#

|  |  |
| --- | --- |
| **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.***

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| **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 ChurchAH Home studio | Online via Zoom |  |
| Online class disclaimer: participation in online classes is at your own risk.  |

Return to angelahulm@gmail.com