**About You:**

Scan here to book future classes

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| **Name & Telephone No** | **Tel:** |
| **Email: Please tick the box to OPT IN for receiving emails; this is essential to communicate with you about classes. \*** |  |
| **Have you done Yoga before? If so, for how long?** |  |
| **Do you have any injuries/allergies I should be aware of?** |  |
| **Please circle any areas that are true for you:** | **Neck & Shoulder Tension / Back Ache / Trouble Sleeping / Stress / Anxiety / Menopause** |
| **How did you find out about the class?** |  |
| **What do you want to get out of a yoga class?** |  |
| **Date of First Class with Discover Yoga.Discover You** |  |

\*In providing your email address and a ticking the opt-in box you are electing to subscribe to the Discover Yoga.Discover You newsletter email list, this is simply used to keep you informed. We will never share, rent or sell your personal information to third parties and you can unsubscribe at any time. A full privacy policy with GDPR compliance is available at www.discoveryogadiscoveryou.co.uk/terms.

*Disclaimer*

I, the undersigned, understand that yoga is not a suitable substitute for medical attention, examination, diagnosis or treatment, I should consult my physician prior to beginning any activity, including yoga, I recognise that it is my responsibility to notify my teacher (Louise Fenner) of any serious illness before every yoga class. I will not perform any postures to the extent of strain or pain.

I accept that neither the instructor (Louise Fenner of Discover Yoga Discover You), nor the hosting facility, is liable for any injury, or damages, to person or property, resulting from my taking part in the yoga class.

**Your Signature: Date:**