

**ENROLMENT FORM FOR HATHA YOGA with Leigh McLellan
PLEASE PRINT CLEARLY**

The information you provide will be held in confidence by Inner Peace Hatha Yoga and will *only* be used to assist you on your path towards optimal health and well being. I will never share your personal details with any third parties.

WHICH CLASS ARE YOU BOOKING FOR?

please see my website for current class schedule

_____ Today's date _____

NAME, ADDRESS, CONTACT DETAILS:

Title _____ Full name _____

StreetAddress _____

Town _____ County _____

Postcode _____

Mobile * _____

Home Tel. _____

*Email (print clearly please!) _____

_____ DOB _____

Occupation _____

Where did you hear about this class? _____

Describe your experience and frequency of practising yoga:

ABOUT YOU: YOUR PHYSICAL, MENTAL AND EMOTIONAL WELL-BEING:

Please rate the following by circling a number (5 being excellent and 1 being poor):

POOR		WEAK		EXCELLENT		
1	2	3	4	5		
1	2	3	4	5		Your health in general
1	2	3	4	5		Your immunity (1= prone to illness)
1	2	3	4	5		Stress level (1=high, 5= low)
1	2	3	4	5		Strength
1	2	3	4	5		Balance
1	2	3	4	5		Flexibility
1	2	3	4	5		Stamina / endurance
1	2	3	4	5		Concentration
1	2	3	4	5		Ability to maintain your optimal weight
1	2	3	4	5		Ability to nourish yourself via your diet
1	2	3	4	5		Ability to regulate emotions
1	2	3	4	5		Ability to calm the mind
1	2	3	4	5		Ability to fall asleep; observe optimal sleep routine
1	2	3	4	5		Understanding of yoga philosophy
1	2	3	4	5		Understanding of relaxation techniques
1	2	3	4	5		Understanding of mantra
1	2	3	4	5		Understanding of meditation
1	2	3	4	5		Understanding of chakras, energy, nadis
1	2	3	4	5		Understanding of breathing techniques
1	2	3	4	5		Self acceptance
1	2	3	4	5		How to incorporate yoga in your daily life

Please describe any injuries, long term illness, cancer, disease or treatment you have had during the past five years:

Please record any regular prescription or non-prescription drugs or supplements you are taking:

PLEASE DETAIL IF ANY OF THE FOLLOWING CONDITIONS APPLY TO YOU

ABOUT YOU: MAIN SYSTEMS OF THE BODY:

- 1. Skeletal** - the 'framework of the body' - e.g. broken bones, bone marrow, osteoporosis, osteoarthritis
- 2. Muscular**-3 types of muscle: skeletal, cardiac and visceral e.g. stiffness in joints, arthritis, rheumatism, carpal tunnel, shoulder, knee, hip, neck or back issues-please detail:
- 3. Endocrine** - hormone producing glands; mainly the pituitary and thyroid; most active at puberty, pregnancy and menopause. e.g. hormone related issues such as e.g. excessive hair growth, early or late onset puberty or menopause, low thyroid function
- 4. Digestive system:** e.g. any issues concerning the: mouth, teeth, tongue, esophagus, stomach, duodenum, small and large intestines, colon, and rectum. It will also include accessory organs like the salivary glands, liver, gallbladder, pancreas and spleen. e.g. prone to constipation or diarrhea, IBS, diabetes, ulcer, alcohol, food or drug dependencies, diverticulitis
- 5. Nervous system** This is a very complex system by which all parts of the body are controlled. It is made up of the brain, spinal cord and nerves. It also includes special sense organs such as the eyes, ears and taste buds. e.g. headaches, migraines, depression, anxiety, panic attacks, stress, sciatica, epilepsy,, impairments in speech, hearing or vision
- 6. Circulatory**-The circulatory system is a closed system whose main function is to carry blood to all parts of the body. It is made up of the heart, arteries and systemic arterioles which carry oxy- genated blood from the heart to the cells in the body as well as the systemic capillaries and veins which carry deoxygenated blood from the body back to the heart. e.g. blood pressure, blood clots, blood which is too thick or thin, heart conditions, numbness in extremities
- 7. Integumentary (skin) system**- The integumentary system is the largest of all systems. It is comprised of the skin, hair, nails as well as the sweat and oil glands. It functions as a protective covering for the underlying tissues against drying and invasion by toxins or pathogenic organisms. The skin is also responsible for regulating body temperature. e.g. acne, eczema, psoriasis
- 8. Respiratory**-The respiratory system is comprised of the lungs and the passages that lead to and from them. This system begins at the nostrils and will include the nasal cavities, sinuses, pharynx, larynx (voice box) and trachea (windpipe). e.g. shortness of breath, asthma, proneness to chesty or dry coughs, sore throats, prone to mucus or blocked sinuses
- 9. Reproductive** e.g. PMT, excessive, scant, heavy or erratic periods, recent or planned pregnancy, IVF
- 10. Excretory (urinary) system** – The excretory or urinary system is mainly comprised of the kidneys, the ureters, the bladder and the urethra. e.g. prone to urinary tract infections

Please use this space if needed to respond more fully

What do you most hope to gain or achieve from your yoga practice?

Your personal details will not be shared with any third parties without your express permission. You can unsubscribe from my mailing list at any time.

FEES, SUBSTITUTIONS, CANCELLATIONS: Classes are organised in 'blocks', usually of 4-8 weeks, during the term time only. See current class rate/date sheet for class fees. Re-enrol by the last class in the current block to retain your place on the class. Preferred method of payment is via BACS transfer, however I also accept cash, cheques payable to L. McLellan or Paypal. I aim to send acknowledgements of payments received via email within a few days of receipt. Bank details are below. There are no refunds or substitutions for missed classes. Another qualified yoga teacher may stand in for me in the (hopefully unlikely!) event of illness or emergency.

DISCLAIMER & PHOTOGRAPHY RELEASE

My participation in classes with Inner Peace Hatha Yoga is voluntary. I have fully disclosed any current injuries or physical limitations. I will be mindful of those limitations while attempting any postures or practices offered during class and assume the risk of any injury resulting from my participation in the classes. I take full responsibility for my own abilities and limitations and I will advise my yoga teacher in the event of any changes to my health.

*Please include these so that you can be contacted in the unlikely event of a late cancellation of class i.e. due to severe bad weather. In this event, a substitute date or a refund would be offered. If in doubt please check my website or Facebook (Leigh McLellan) page for the latest updates.

Occasionally Inner Peace Hatha Yoga takes photos or videos in class for use on social media to promote yoga and to give others a clearer idea about what goes on in yoga classes.

Signing below confirms my agreement to take photographs and videos in class and to authorise use and publish the same in print and/or electronically. I hereby waive the right to receive any payment for use of photographs or videos in print or electronically. (If Inner Peace Hatha Yoga uses any photos or videos which I am not happy with, I can simply ask and they will be removed.

Signed _____ Date _____

All classes are by pre-payment. Your place will be confirmed once your form and payment are received. Please return to:

L. McLellan, 35 New Street, Rugby CV22 7BE

Yours in yoga,
Leigh

Email: innerpeaceyoga@hotmail.co.uk

Mobile 0794 127 9343

Nat West Account Number 43004733

Sort Code 54-41-00