

**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 never be shared with any third parties without your express permission. You can unsubscribe from my mailing list at any time via the unsubscribe button at the bottom of newsletters.

FEES, SUBSTITUTIONS, CANCELLATIONS: Classes are organised in 'blocks', usually of 4-8 weeks. See the ENROL page of my website for booking options. Re-enrol by the last class in the current block to retain your place on the class. Advanced booking only; no casual drop ins. My secure online booking system will tell you availability on any particular class. Due to Covid I no longer hold a cash float. I do accept cheques, payable to L. McLellan. Any blocks can be split into two payments and paid for with two cheques, one post dated for a month after the first. **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. Indoor group classes now operate under Covid safe rules. Please familiar yourself with these prior to booking onto a group class as you must comply to participate. Please visit the FAQ page of my website where you will find: how to join online classes via Zoom, risk assessments for each venue, a summary of Covid safe rules for attending group indoor classes.

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 event of a late cancellation of class i.e. due to positive covid case in our venue, severe bad weather etc. If in doubt please check my yoga Facebook page (Inner Peace Hatha Yoga) for the latest updates.

Very 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 promptly removed).

Signed _____ Date _____

All classes are by pre-payment. Upon purchasing you will receive an immediate confirmation of purchase email from my online booking system.

Yours in yoga,
Leigh

Email: leigh@innerpeaceyoga.co.uk

Mobile 0794 127 9343

COVID SAFE RULES for attending group indoor classes:

- Do not attend if you or a member of your household have Covid symptoms (a fever, a cough, loss of smell or taste) or have had a positive test result. There will be no refunds in this case, however you can have a friend or family member come in your place, if you notify me in advance and provided they complete an enrolment form at their first class.
- I will cancel class if I or a member of my household have Covid symptoms or has had a positive test result. In this case the venues will freeze our bookings, so I would hope to resume teaching as soon as is practical in this case. I will inform you as soon as possible. If a more strict local lockdown occurs I will return to offering the live streamed classes from my home and you will be offered to join in classes from your home. I will also give you access to the yoga library for free for the remainder of the month.
- Social distancing: mats 2m apart.
- No casual drop ins; advanced booking only.
- No cash float - online booking only. I'll be selling off yoga blocks and resistance bands rather than having them sit in storage. Paypal payment only for these please.
- Hand sanitise on the way in.
- Wear masks to enter the venue, visit the loo and leave the venue. Only remove masks once settled on your mat. No mask no entry.
- No arriving early. No queueing inside the venues. External doors will be unlocked 5-10 minutes before class begins. Please wait in your car until then.
- No sign in register; I'll take the register verbally or by photograph. I'm required to keep a record of attendance both for my insurance as I always have, as well as 21 days for Track & Trace.
- Please do not chat in the car park before and after class.
- No shared equipment. I am no longer allowed to provide spare mats, cushions, yoga blocks, bricks, yoga straps or resistance loops as I previously did. Please bring your own full kit with you. I will be selling off (used) blocks and resistance bands in class rather than have them sit indefinitely in storage. Please bring: your yoga mat, a yoga strap and 2 blocks, 2 bricks. If you'd like to use resistance loops and/or 1kg ankle/wrist weights then please bring these as well.
- No music - sadly for 2 reasons: I'm not allowed to raise my voice and because having music interferes with the video recordings. Those participating from home can search yoga playlists on Spotify and play their own background music.
- Capacity max 16 for Cawston and I'm starting with 8 for St.George's. A post it note will indicate where to put the front of your mat. Please do not use central places to drop your shoes and coats, leave any unnecessary belongings at home or in the car. Keep all your belongings near you to avoid congregating near coat hooks after class.
- Use of toilets is at your own risk. Venues encourage you to use the toilet at home. There is a 'one in, one out' policy for the toilets. Keep your mask on, and wait until you see that it's clear to proceed. For Cawston they have made all toilets unisex and designated the former female toilet for the Main hall.
- One way systems: I'm to obtain a key for the foyer door at St.George's, allowing for a one way system to go into the toilets, to exit the toilets, go through the door beyond the mens' toilet and come back in through the usual way. Exit out the large wooden doors at St.George's and the back fire doors at Cawston.
- Extra ventilation: maximise ventilation. Wear extra layers!!
- Extra cleaning: I'll be cleaning before and after class and throwing open doors to ventilate the room.
- Participants must provide contact details for Track & Trace. By law I must record your name, contact number and date and time you were in the venue.
- In the event a positive case had occurred in the venue I will notify you as soon as I know. I will follow the advice of PHE. (For this reason and speed of communication it may be helpful for me to set up a What's App group if you are willing)
- The latest government 'rule of six' does not apply to us as I'm business with a risk assessment in place. Number of places per venue is based on 2m distancing.
- Would you believe this is the summary version?! If you would like to read the full risk assessments for these venues please visit the FAQ of my website where you will find these pdf documents.