

Yogaphysio Online

Preparing for Yoga

- Many people attend *yogaphysio* online as part of their management of an injury or health condition, following physiotherapy or doctor's referral. If you have an ailment which you are hoping to improve with yoga, it is recommended, and may be pre-requisite, for you have a physiotherapy assessment prior to attendance.
- Online classes cater for a range of levels, including the ailments of students that have been assessed by *yogaphysio* physiotherapists. Please advise the teacher of any injury, illness or health condition before class, but remember it is your responsibility not to do things that hurt or cause concern.

ENROLMENT FORM

The information you provide on this form will only be used by teachers at *yogaphysio* ONLY.

Please indicate if you **would like** to be contacted for a physiotherapy assessment to maximise the benefits you gain from attending yoga classes.

Name:

DOB:

Email/ Postal Address:

Phone/s:

Next of kin (for emergency):

Where did you find out about *yogaphysio*?

Please indicate if you experience of any of the following (please update regarding changes):

Pain <input type="checkbox"/>	Stress /Anxiety <input type="checkbox"/>	Migraines <input type="checkbox"/>
Injury <input type="checkbox"/>	Pregnant <input type="checkbox"/>	Diabetes <input type="checkbox"/>
Osteoporosis <input type="checkbox"/>	Fatigue <input type="checkbox"/>	Epilepsy <input type="checkbox"/>
High/Low Blood Pressure <input type="checkbox"/>	Heart/ Lung conditions <input type="checkbox"/>	Visual/Hearing Impaired <input type="checkbox"/>

Details_

Indemnity:

All due care is taken in the instruction of these classes and only poses deemed safe for the student will be taught. Please be aware however, that each student is responsible for their own well-being from when they enter the classroom and throughout the class. Do not attempt a move that you do not understand or looks too difficult. The teacher will not be responsible for any injury incurred in a class.

I _____ have read and fully understood these instructions (including 'Preparing for Yoga') and hereby take full responsibility for myself in this class.

Signed:

Date: