



INFORMATION FOR NEW STUDENTS

Welcome to Community Yoga & Wellness. We look forward to welcoming you into our classes. To get the most benefit from your yoga class, we recommend that you read the following points.

- **Health issues**

If you have any health problems that you have not already told your instructor about (especially neck and back problems) then make sure you let them know before the class.

- **Be comfortable**

Ensure sure that your mat or blanket is thick enough so that you can be really comfortable for the whole class.

- **Be warm, be sun smart**

In the colder months bring a blanket or extra jumper for the meditation. Socks are fine for most of the class. Wear sun protection eg hat, rashie, sunscreen during the beach/SUP classes.

- **Empty tummy**

It's preferable to come to class with an empty tummy. So leave 1 hour after a light meal and 2-3 hours after a heavy meal before coming to class if you can.

- **Be gentle with yourself**

Never push into any pain during the class- listen to your body and move at your own pace.

- **Be clean**

Yoga heightens awareness—especially the sense of smell. For this reason and as a courtesy to clean and avoid wearing perfumes and strong deodorants.

- **No chewing gum**

For safety and courtesy reasons please do not chew gum.

- **Problems in class**

Occasionally some people experience nausea or headaches during or after their first class. Let your instructor know- there are reasons for this and easy solutions.

Please fill in the Registration Form below and bring along to your first class



REGISTRATION FORM



CLASS _____

TERM/YEAR _____

NAME _____

ADDRESS _____

_____ POSTCODE _____

TEL. WORK _____ HOME _____ MOBILE _____

EMAIL _____

EMERGENCY CONTACT NAME _____ TEL NO. _____

HEALTH CONDITIONS / INJURIES / PREGNANT _____

HOW DID YOU HEAR ABOUT COMMUNITY YOGA CLASSES? _____

Classes are not transferable or refundable. Students attend cOMmUNITY YOGA classes at their own risk. Whilst every precaution is taken, cOMmUNITY YOGA accepts no responsibility for students during classes.

By signing this form I grant to cOMmUNITY YOGA, the right to take photographs of me and my family in connection with the above-identified event. I authorize cOMmUNITY YOGA its assigns and transferees to copyright, use and publish the same in print and/or electronically.

I agree that cOMmUNITY YOGA may use such photographs of me with or without my name and for any lawful purpose, including for example such purposes as publicity, illustration, advertising, and web content.

DATE _____ SIGNED _____