



## 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.

- **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 Beach classes at their own risk. Whilst every prec ry precaution is taken, cOMmUNITY YOGA accepts no responsibility for students during classes.

DATE \_\_\_\_\_ SIGNED \_\_\_\_\_