



All information  
is kept confidential.

## Beginner's Course Enrolment. Term one 2019

This form is to enrol in our seven-week Beginner's Yoga Course  
Time & dates: 7-8.15pm Tuesdays, 19 Feb - 2 April  
Venue: St Andrew's church hall (big white church by new roundabout)

Name: \_\_\_\_\_ Age: \_\_\_\_\_

Email: \_\_\_\_\_  
(please print clearly)

Mobile: \_\_\_\_\_ Facebook user? Yes / No

Emergency contact. Name: \_\_\_\_\_ Phone: \_\_\_\_\_

Relationship: \_\_\_\_\_

How did you find out about Balance Yoga?

Do you have any injuries, or physical or medical conditions that may impact your ability to do yoga?  
*e.g. joint or back injuries, high/low blood pressure, pregnancy, hip replacement, other medical or emergency issues.*

Would you like to receive our yoga news updates?

Yes keep me updated  No thanks

Course cost: \$135 for the seven week course.

### Payment instructions:

Full payment is required to secure your place. Online payments can be made to ASB 12-3268-0008867-00.

Please include your Name and 'Beginners' in the reference fields.

**Conditions:** Enrolment fees are non-refundable unless your place can be filled by someone on the waitlist.

You are enrolling for the 7-week block course . No partial refunds given for missed classes.

**Please note** - this course involves sitting, standing, kneeling, and hands and knees as common positions.  
To participate fully & safely you should be able to freely move from standing to sitting on the floor with ease.

**SAFE PRACTICE GUIDELINES:** You are advised to work at an appropriate level for your body.

Options will be offered for poses - please follow these as is appropriate for you .

The options given are to keep you safe in your practice, but your practice is at your own risk.

**I understand and accept the information provided above and the enrolment conditions:**

Signed: \_\_\_\_\_ Date: \_\_\_\_\_