

All information
is kept confidential.



Beginner's Course Enrolment. Term two 2019

Six-week Beginner's Yoga Course

Time & dates: 7-8.15pm Tuesdays, 7 May to 11 June

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: \$120 for the six 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 6-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 appropriate for you .

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

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

Signed: _____ Date: _____