

# Registration Form - Introduction to Yoga Course

Both pages of this form to be completed by all participants and mailed or emailed to:



**yoga mukti**

181 Angas Street, Adelaide SA 5000  
yogamukti@esc.net.au

Starting Date \_\_\_\_\_ Weekday \_\_\_\_\_ Time \_\_\_\_\_ Instructor \_\_\_\_\_

Student Name \_\_\_\_\_

Address \_\_\_\_\_ Post Code \_\_\_\_\_

Contact Phone 1 \_\_\_\_\_ Contact Phone 2 \_\_\_\_\_

Email \_\_\_\_\_

## Disclaimer

While I understand that Yoga Mukti will take every care to ensure my safety during yoga classes, I accept that the ultimate responsibility for my health lies with me.

Signature \_\_\_\_\_ Date \_\_\_\_\_

## Registration and Cancellation Policy for Introduction to Yoga Courses at Yoga Mukti:

The course cost is \$52 (4-week course) or \$78 (6-week course). **A non-refundable deposit of \$20 is required at registration to confirm your booking.** The balance of course fees is due on the 1<sup>st</sup> day of the course, after which date the course fee is non-refundable and non-transferable. Should you be unable to participate in the course you registered in, the deposit can be transferred to another introduction course or to another person. Any missed classes can be made up within a ten-week period.

Payment by  Cash  Credit Card  Cheque/Money Order  EFT to Yoga Mukti, BSB 633 000, Acc 132 892 886  
Payable to Yoga Mukti Please confirm EFT by email: yogamukti@esc.net.au

Credit card payments may be made by either calling us on (08) 8232 8224, or by completing the Credit Card Authorisation Slip below and mailing or emailing to:

Yoga Mukti, 181 Angas Street, Adelaide SA 5000 or email to: yogamukti@esc.net.au

Do you require a receipt?  Yes  No

## Credit Card Details

Cardholder's Name \_\_\_\_\_ Contact Phone \_\_\_\_\_

Card Type  Visa  Master Card Expiry Date \_\_\_\_\_/\_\_\_\_\_/\_\_\_\_\_

Credit Card Number

Please debit my credit card for AU \$ \_\_\_\_\_ Cardholder's Signature \_\_\_\_\_ Date \_\_\_\_\_



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## Page 2 – Registration Form – Introduction to Yoga Course

- How did you find out about Yoga Mukti? \_\_\_\_\_
- What are your reasons for starting yoga? \_\_\_\_\_

**Everyone has specific needs in yoga.** It is important that you **tell your teacher before your class starts** about any illness or injuries so that you feel comfortable with the exercises in the class. Sometimes an exercise may need to be modified to suit you.

Do you have any of the following?

- Recent illness or surgery      No       Yes       Specify \_\_\_\_\_  
\_\_\_\_\_
- High blood pressure      No       Yes
- Low blood pressure      No       Yes
- Previous injuries      No       Yes       Specify \_\_\_\_\_  
\_\_\_\_\_

Do you have any concerns about your

- back      No       Yes       Specify \_\_\_\_\_  
\_\_\_\_\_
- neck and/or shoulders      No       Yes       Specify \_\_\_\_\_  
\_\_\_\_\_
- knees      No       Yes       Specify \_\_\_\_\_  
\_\_\_\_\_
- hips      No       Yes       Specify \_\_\_\_\_  
\_\_\_\_\_

Are you pregnant      No       Yes

Have you got any other specific injuries or medical conditions that we may need to consider?

Specify \_\_\_\_\_  
\_\_\_\_\_

Signature \_\_\_\_\_ Date \_\_\_\_\_