



## Yoga Classes October / November / December 2016

Thanks for requesting more information for my classes. Below is the class schedule for the next term:

Day	Time	Venue	Term length	Term dates
Monday	9.30-11am	Beverbrook Sports Facility, Calne	7 weeks	October 31 <sup>st</sup> November 7 <sup>th</sup> , 14 <sup>th</sup> , 21 <sup>st</sup> and 28 <sup>th</sup> December 12 <sup>th</sup> and 19 <sup>th</sup> (no class on 5 <sup>th</sup> December)
Saturday	9-10.30am	Lansdowne Hall, Derry Hill	6 weeks	November 5 <sup>th</sup> , 12 <sup>th</sup> , 19 <sup>th</sup> and 26 <sup>th</sup> December 10 <sup>th</sup> and 17 <sup>th</sup> (no class on 3 <sup>rd</sup> December)

All venues will be open 5 minutes before class to allow time to get settled so please try to arrive on time. If you are running late then please try to let me know so that I can keep space free for you.

### What you need to wear and bring

Please wear clothing that you feel comfortable in and that enable you to move freely. It is useful to have a warm top to wear until you have warmed up and during relaxation.

You will need to bring a mat to class, a blanket for relaxation and any blocks etc that you like to use if you have an existing practice.

Please let me know if you do not have your own mat as I have a spare that I can bring to class. You will need to invest in a yoga mat and I can supply these at a reduced price.

You may bring water to class. Many people prefer not to drink during class due to the movements involved and the traditional view is that yoga should stimulate heat in the body and therefore drinking would be counterproductive. That said, definitely drink if you feel you need to or for any medical reasons and bringing something to drink after class is certainly a good idea.

And finally, it can be useful to bring a small towel to class particularly if it is warm and to keep your hands dry to prevent them sliding on your mat.

### Conditions of booking

Monday classes are booked by the term (£9/class) unless it is your first term of classes and you are starting mid-term in which case the fees are calculated on a pro rata basis. If you cannot attend a class for whatever reason you are invited to make up that session by attending a class on an alternative day. No refunds are given for missed classes.

Saturday classes can be booked by the term (£10/class) or on a drop-in basis (£12/class). You will need to book your space if you are coming as a drop-in and priority will be given to those paying for the term.

New students can try a class and pay either £10 for the single class on Monday and Wednesday and £12 on Saturday or, following the class, sign up for the term at the term rate.

### To book your place

Please complete the Booking Form and return to me and if it is your first term then please also complete and return the Client Record Form. I will contact you to confirm your place and I look forward to seeing you.

Ann

e: [awyattyoga@gmail.com](mailto:awyattyoga@gmail.com)

m: 07769 971 991

w: [www.annwyattyoga.wordpress.com](http://www.annwyattyoga.wordpress.com) or find me on facebook





## Booking Form for October / November / December Yoga Classes

*Please complete and return to me with your payment (if paying by cheque)*

Contact details:

Name \_\_\_\_\_ email \_\_\_\_\_

Phone number \_\_\_\_\_ Mobile number \_\_\_\_\_

Preferred method to be contacted to confirm booking (please circle):    phone / email

Please tick to indicate which class you wish to attend:

Monday, Beversbrook 7 week term                      £63 paid in advance                     

Saturday, Lansdowne Hall 6 week term                      £60 paid in advance                     

Saturday, Lansdowne Hall drop-in basis                      £12/class paid on the day                     

If this is your first term of classes and you are starting part way through the term then the fees are calculated on a pro rata basis at a rate of £9/class for Monday and Wednesday classes and £10/class for Saturday classes. Please note class, start date and fee payable in the space below:

*(only complete if this is your first term and you are starting part way through the term)*

Payment method if you are paying for a term:

Payment by BACS (sort code: 40-47-73 a/c no: 00147990)                     

Cheque enclosed (cheques are payable to “Ann Wyatt”)                     

If you are attending the Saturday class on a drop-in basis you can pay by BACS, cheque or cash (please try to have correct amount).

Please send your completed form to:

Ann Wyatt, 4A York Road, Calne, Wiltshire SN11 8FW

or by email to [awyattyoga@gmail.com](mailto:awyattyoga@gmail.com)

# PRIVATE & CONFIDENTIAL - Client Record Form for Yoga Classes

## PERSONAL DETAILS

Name: _____	Date of Birth: _____
Address: _____	Post code: _____
Home phone: _____	Mobile: _____
Email: _____	
Emergency contact name: _____	Tel: _____

## MEDICAL DETAILS

Doctor Name and Practice: _____	
Address: _____	Tel: _____
Are you currently receiving treatment by a health care professional, either complementary or orthodox, including dentist or optician? YES / NO Details: _____	
Prescribed and over the Counter Medication/Supplements: _____	
Serious Operations/Accidents/Illnesses incl. dates: _____	
High Blood Pressure	Arthritis
Low Blood Pressure	Unexplained pain or inflammation
Heart conditions	Sprains/strains/bruising/dislocations
Glaucoma/detached retina	Back/neck problems
Recent surgery	Hernia
Pregnancy/birth within last 12 months	Asthma
Any other information that you feel may be relevant to your participation in a yoga class: _____	
_____	
_____	

## YOGA, EXERCISE AND OTHER NON-MEDICAL DETAILS

Previous yoga experience? YES / NO Details: _____
Reasons for coming to a yoga class: _____
Details of regular exercise: _____
How did you hear about my classes? _____
Would you like to be added to my email mailing list? YES / NO

## CLIENT DECLARATION

<ul style="list-style-type: none"><li>• I declare that the information I have given on this form is correct and as far as I am aware I can participate in yoga classes/yoga therapy without any adverse effects.</li><li>• I understand that the teacher being aware of my health condition(s) is a requirement for practicing yoga and that it is my responsibility to keep the teacher up-to-date with my health situation.</li><li>• I understand that yoga is not a substitute for medical diagnosis and treatment and that it is recommended that I see a registered doctor or medical professional for any condition I have.</li><li>• I understand that my body is my responsibility and that should I be uncomfortable or in any pain during a class I should talk to the teacher at the time so that suitable variations can be provided.</li><li>• I understand that this form is strictly confidential and is solely for the use of the teacher.</li></ul>
Client/Guardian Name (Print) _____
Signature: _____ Date: _____