



silence the mind to hear the voice within

## PRENATAL YOGA ENROLMENT FORM

Course start date: 6 June, 2012

Surname: \_\_\_\_\_ Given Name: \_\_\_\_\_

Address: \_\_\_\_\_ Postcode: \_\_\_\_\_

Email: \_\_\_\_\_

Home phone number: \_\_\_\_\_ Mobile number: \_\_\_\_\_

How far along are you in your pregnancy? \_\_\_\_\_

Health concerns/Injuries: \_\_\_\_\_

Reason for taking up yoga: \_\_\_\_\_

How did you hear about the studio: \_\_\_\_\_

**What to bring to your prenatal yoga class:** a mat, towel and a cushion. Also, If you have a bolster, bring one with you 😊

If you do not have your own mat, please let me know. I only have a few spares that students can borrow. It is preferable to have your own mat, but please contact me if you need me to bring a spare mat to class for you. I do have a few for sale at \$25 each if you would like to purchase one.

### EMERGENCY CONTACT

Name: \_\_\_\_\_ Phone: \_\_\_\_\_

Relationship to you: \_\_\_\_\_

I give permission for Yoga With Grace to contact the listed emergency contact in the case of an emergency. If this person is unreachable, I give permission for Yoga With Grace to contact an appropriate medical service. I understand that if an injury shall occur, I will not hold Yoga With Grace liable.

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

**Please sign and return form by email to [info@yogawithgrace.com.au](mailto:info@yogawithgrace.com.au) before the first class on 6 June. Thank you!**