

Registration Form

First Name: Second Name:

Class Day/Time

Length of Block:

Name of Class Teacher (e.g Emma Rattenbury)

Address:

Postcode: Telephone:

Email:

Emergency Contact:

Age: 13 & Under 14-25 26-54 55 + Gender: M F

I have paid £ _____ by cash/cheque. Cheques made payable to Sheffield Yoga Centre
I have paid £ _____ by BACS on (date) ___/___/___ to sort code 089299, A/c: 69179228

Have you done Iyengar Yoga before? Yes/No If yes, for how long?

Do you have any of the following medical conditions? (Please circle): Hypertension (high blood pressure) / conditions associated with heart disease / Cancer or benign tumours / Epilepsy including Petit Mal / Diabetes / Meniere's Disease / Detached retina / AIDS / MS (Multiple Sclerosis) / ME (Myalgic Encephalomyelitis) / Recent post-operative conditions

Please give details of any other medical conditions:

Please give details of any medications you are taking:

Are you pregnant? If so, how many weeks?

How did you hear about the Yoga Centre? Friend / Doctor or physio / Leaflet / Internet search engine / Advert in local paper / Yell.com / Sheffield Forum / Other

I agree to this information being stored on a database and can be contacted for purposes of yoga only:

Signed: Date:

ABOUT OUR CLASSES

Booking a class

Classes run in 5 or 10-week blocks from September to July. Places in all classes are available to book in advance, and given the limits on class numbers it is advisable to do so. Existing students can re-book by putting their payment in the small envelopes at the centre, there is no need to fill in another registration for.

Fees

The cost for each block of classes is indicated in the Centre and on our website. Fees are payable in advance of a 10-week or 5-week block, payments received two weeks after the class start date will be subject to a £5 admin fee.

Concessions

- A 20% reduction is available for those in full time education, on job seekers allowance, disability living allowance and income support
- Those in receipt of benefits are welcome to drop in to the Sunday Beginners class (6.00 – 7.15pm) at a cost of £5.00

Missed Classes / Cancellation Policy

Payments are not refundable, but may be transferred to pay for another course depending on circumstance. If you are unable to attend any of the classes for which you have paid, you can make up the number of classes within the 10-week or 5-week period for which you have paid by arranging to attend alternative classes at the centre. Please advise the teacher on arrival at your replacement class.

What to Wear

Clothes that allow you to move freely and the body to be seen, for example, shorts, leggings (not too baggy!), vest tops or T-shirts. You may wish to bring a sweater and socks for the relaxation at the end; bare feet only during the class.

Food/Drink

Please bring neither into the class. We recommend a drink or snack up to half an hour before a class. Avoid a big meal as poses can affect your digestion.

Medical Conditions

If you are receiving treatment from a medical practitioner, have recently had surgery or a serious accident or illness, or are on medication, please check with the teacher whether the class is suitable for your condition.

What to Bring

The centre is fully equipped with yoga mats, blocks, belts, blankets etc so you do not need to bring anything with you. Please remove your shoes as you enter and leave them on the shoe rack by the front door, or on the rack in the middle room (library) . There are coat hooks by the front door. You may change and leave your clothes in the middle room and leave anything except valuables there. Please note, the centre can be busy at class change-over times and all items are left at your own risk.

Directions and Parking

Travelling by bus

Buses are 94, 95 along South Rd from town, then walk down Hadfield St and down the hill. On Infirmary Rd the tram stops just past Burgoyne Rd (routes to Hillsborough and Malin Bridge) or take the 81, 82, 83, 86 buses from town towards Stannington, Hillsborough. Then walk up the hill! Buses 31 and 32 leave from Sheffield Interchange and stop just below Ruskin Park, opposite the Yoga Centre.

Travelling by car

Note the one-way system, and the blocking-off of Hadfield St to cars. So for drivers, take Fulton Rd or the next one parallel to Fulton and get to Burgoyne Rd by going left at the bottom then first right. The Sheffield Yoga Centre is on the left opposite Ruskin Park. There is plenty of parking but only on the park side.

Please do not park in front of residents' houses.