

First Name: **Surname:**
Address: **Postcode:**
Telephone: **Email:**
Age: 13 & under 14-25 26-54 55+ **Emergency Contact:**

Registration and Booking Form



Day	Time	Level	<input type="checkbox"/>	Teacher	Price	Details
Mon	6.30pm – 7.45pm	Introductory / Beginners (5 weeks)	<input type="checkbox"/>	Bridget	£33	*For therapeutic classes please contact Frances directly to check availability Those in receipt of benefits are welcome to drop in to the Sunday class at a cost of £1 per session
Mon	6pm-7.15pm	Beginners Plus	<input type="checkbox"/>	Frances	£60	
Mon	7.30pm-9.30pm	Intermediate	<input type="checkbox"/>	Frances	£80	
Tues	11.30am–12.30pm	Beginners/ Older and Stiffer (5 classes)	<input type="checkbox"/>	Joan	£30	
Tues	1.30pm – 2.45pm	Restorative Class: Rest & Relax	<input type="checkbox"/>	Frances/Joan/ Mandy/Emma	£33	
Tues	4.15pm-5.30pm	Therapeutic class*	<input type="checkbox"/>	Frances	£90	
Tues	6pm – 7.30pm	General Class	<input type="checkbox"/>	Frances	£70	
Wed	9.30am - 11am	Women - all levels	<input type="checkbox"/>	Frances	£70	
Wed	6.20pm – 7.50pm	General class	<input type="checkbox"/>	Frances	£70	
Wed	8pm – 9.15pm	Beginners (5 weeks)	<input type="checkbox"/>	Wendy	£33	
Thurs	6pm – 7.15pm	Beginners (5 weeks)	<input type="checkbox"/>	Mandy	£33	
Thurs	6.15pm – 7.30pm	Runners, Climbers and Cyclists (5 weeks)	<input type="checkbox"/>	Monica	£33	
Thurs	7.30 – 9.00pm	General Class	<input type="checkbox"/>	Wendy/Emma	£70	
Fri	10 – 11.15am	Introductory / Beginners (5 weeks)	<input type="checkbox"/>	Emma	£33	
Sun	4-5.15pm	Beginners (5 weeks)**	<input type="checkbox"/>	Carolyn	£33	
TOTAL PAID by CASH / CHEQUE:						Cheques payable to 'Sheffield Yoga Centre'
OR: I am a regular student and have paid £_____ by bank transfer on (date) ___/___/_____					<input type="checkbox"/>	Sort Code: 089299 A/c: 69179228
Please make your payment no later than two weeks after the class start date or an admin fee of £5 will be charged.						

Have you done Iyengar Yoga before? Yes / No **If yes, for how long?** _____
MEDICAL DETAILS: 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
Do you have any other medical conditions? (Please give details and any medication taking): _____

Are you pregnant? **If so, how many weeks?** _____ **How did you hear about the Yoga Centre?** Friend / Leaflet / Advert in paper / Internet search engine / Yell.com / Sheffield Forum / Other _____

I agree to this information being stored on a database and can be contacted for purposes of yoga only:
 I have read and agree with the 'about our classes' information on the second page of this form and have completed the medical details section above
Signed: _____ **Date:** _____

Please send to: **Sheffield Yoga Centre, 270 Burgoyne Road, Walkley Sheffield, S6 3QF 0114 2346475 / 07944 169 238 / sheffieldyogacentre@tiscali.co.uk**

ABOUT OUR CLASSES

Booking a class

Classes run and are generally booked in 10 or 5 week blocks - Autumn, Winter, Spring, Summer.

Given the limits on numbers, it is advisable to book ahead.

Existing students can re-book by putting their payment in the small envelopes at the centre. New students need to fill in the booking form.

Fees

The cost for each block of classes is indicated on the booking form. Fees are payable at the beginning of a (10-week or 5-week) block.

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 (10.30am - 11.45am) at a cost of £1.

- Discount for block booking: If you book two classes in the same 5 or 10 week block you can deduct 10% from the price of your second class.

Missed Classes / Cancellation Policy

Payments are not refundable, but may be transferred to pay for another course. 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.**