All information given will be treated in the strictest confidence and stored in accordance with Data Protection Legislation.

**REGISTRATION FORM**

**Radiance Yoga**



|  |
| --- |
| **Name:** |
| **Email:**  |
| **Tel (Mobile)** | **Tel (Home)** | **Tel (Work)** |
| **Address**  |
| **Emergency contact name and contact number**: |

|  |
| --- |
| **Have you done yoga before?** Y/N |
| **If yes, what type (if known) and how long for?**  |

|  |
| --- |
| **Do you participate in any other physical activity? If so, how often?**  |

|  |
| --- |
| **The following information is required to ensure your safety. Whilst yoga may be practised safely by most people, there are certain conditions which require special attention. If you are unsure, consult your GP before commencing class. Please tick if you have any of the following:**  |
| High Blood Pressure  | Low Blood Pressure / Fainting |
| Arthritis | Diabetes |
| Epilepsy | Heart problems |
| Asthma/respiratory disorder (please specify) | Abdominal disorder  |
| Depression / anxiety (please specify) | Detached retina/glaucoma |
| Recent fractures/sprains | Recent operations (last 2 years) |
| Back problems | Knee problems |
| Neck or shoulder problems | Joint replacement (please specify joint) |
| PTSD | Hip problems |
| Insomnia / poor sleep | Menopause symptoms |
| Sensory disorder affecting sight / hearing  | Balance affecting disorder |
| Auto-immune disorder e.g. ME, MS, Lupus | Migraine |
| Other (please provide details): |
| **Do you have any other conditions which affect your mobility or are likely to cause you concern when doing yoga? If yes, please give details** |
| **Are you, or could you be, pregnant, or have you given birth in the last 6 weeks (Y/N/NA):**  |

**Please tick this box if you do not wish to declare medical information.**

(By ticking the above box please understand that the yoga teacher can only give general safety advice and is unable to make specific modifications based on any health condition)

|  |
| --- |
| **How did you hear about this class/event? (If referred by a friend please give their name and they will receive a free class as a thank you)** |

**Protecting your privacy and staying in touch**

From time to time I will need to contact you to keep you up to date with classes (including any password changes for online classes, class/event cancellations and holiday dates) and details of workshops and events. This may be by email, text (including Whatsapp or Messenger) or phone.

Radiance Yoga use Mailchimp to manage emails and newsletters. By ticking the box below, you acknowledge that your name and email address will be transferred onto Mailchimp. No other personal information will be shared. Learn more about Mailchimp’s Privacy Policy here (refer to section 3: Privacy for Contacts): <https://mailchimp.com/legal/privacy/#3._Privacy_for_Contacts>

You may opt out at any time by emailing janice@radiance-yoga.co.uk or unsubscribing.

**Please tick this box to allow me to contact you about Radiance Yoga online yoga, classes**

**and events:**

I also work as an Independent Consultant for Neal’s Yard Remedies, and offer promotions and a 10% discount off all products for students of Radiance Yoga. Please tick below if you would like to receive information about this by email, text or phone

Yes, I would like to hear about Neal’s Yard Remedies

**DECLARATION**

*Please take care when filling in this questionnaire and check contents are accurate before you submit it. By submitting the questionnaire, you are confident that the contents are true and accurate to the best of your knowledge. Please notify your teacher of any changes to your responses in this healthcare questionnaire before participating in classes subsequent to those changes.*

*Neither your teacher not the British Wheel of Yoga are qualified to express an opinion that you are fit to safely participate in any British Wheel of Yoga trained teachers’ yoga classes. You must obtain professional or specialist advice from your doctor before participating if you are in any doubt.*

*All British Wheel of Yoga instructors are appropriately qualified teachers with high standards of teaching and best practice. Where possible, your teacher may offer suitable modifications and adjustments, and practices to suit different levels of experience and ability.*

*When you are taking part in online live-streamed classes, please note that the instructor may not be able to see you at all times. Please let the instructor know before class if this is your first yoga class or if you are confident about your experience and/or ability. Where you have declared a health condition,, please contact the teacher before the class if you would like to request that you are provided with specific modifications or adjustments wherever possible. Please note, when you are taking part in a pre-recorded class, you will not be able to request specific adjustments or modifications.*

*Always follow safety instructions and listen to your body. Where a movement or class is beyond your experience or ability, feels too difficult for you, or you experience any discomfort, please do not continue with the movement or class.*

I confirm the information provided on this form is correct. I understand that it is my responsibility to:-

* check with my doctor if I have any difficulties or concerns about my ability to participate in

 the yoga class, or if advised to do so by the yoga teacher.

* advise the yoga teacher of any change in my medical information
* advise the yoga teacher if I become pregnant
* follow the advice given by my doctor and/or yoga teacher.
* I have read and accept the disclaimer overleaf for online yoga classes (for online memberships only)

I confirm that I am over 18 years of age.

|  |
| --- |
| **Name** |
| **Signed**  | **Date:** |

**DISCLAIMER:**

The following Disclaimer has been issued by the British Wheel of Yoga (BWY) for all students participating in online yoga classes with a BWY registered teacher, and apply to online classes with Radiance Yoga:

Although there are tremendous benefits to overall health and wellbeing, yoga can be physically challenging and carries with it risks that cannot entirely be eliminated. These include the risk of personal injury, or the exacerbation of existing injuries or conditions, or damage to property around you during your participation.

**Participant Rules:**

* Please follow the British Wheel of Yoga “Student Guidance – Remote Sessions” guidelines document
* You must act responsibly and sensibly at all times
* You must not participate if you are pregnant, or under the influence of alcohol or non-prescription drugs
* Neither your teacher nor the British Wheel of Yoga are qualified to express an opinion that you are fit to safely participate in any British Wheel of Yoga organised sessions or any British Wheel of Yoga trained teachers’ yoga classes. You must obtain professional or specialist advice from your doctor before participating if you are in any doubt.
* Clear enough space to safely carry out the exercises without hitting items around you.
* Check that the device you are using is securely positioned and will not interfere with your movement
* Listen to your body. Follow any safety instructions or suitable modifications or adjustments to the exercise as instructed.
* Never continue with a class or a movement that is too difficult for your level of experience or ability, or if you feel any discomfort.

Please note, these videos/audios are pre-recorded sessions and cannot be adapted to suit any particular requirements you may have. In the absence of negligence or other breach of duty by your teacher, participating in these yoga classes is entirely at your own risk.

Intellectual Property: The copyright in the video/audio recordings is owned by Radiance Yoga. Reproduction transmission or sharing of the video/audio (in part or full) is strictly prohibited without the prior consent of Janice Procter, Radiance Yoga.

By accessing and participating in these classes, you confirm that you have read and understood this disclaimer.

Thank you for completing this form. Please return to: janice@radiance-yoga.co.uk