



Health & Information QUESTIONNAIRE

Class:.....



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

NameDOB:

Address

Tel. no. Home Mobile

e-mail (block capitals)

Emergency contact name and tel. no

Are you new to Yoga? **Yes / No** Do you participate in any other physical activity, e.g. gym, jogging, swimming, aerobics, badminton, cycling, walking, etc. and how regularly do you do this?

The following information is required to ensure your safety. Whilst yoga may be practiced safely by the majority of people, there are certain conditions which require special attention. If you are unsure, please consult your GP before commencing class. Please tick the boxes below if you have any of the following medical conditions:

These conditions require specific modifications to your yoga practice. If ticked, please provide details.

These conditions may affect your practice and so provide useful information for your tutor.

- abdominal disorder or recent surgery
- arthritis (osteo or rheumatoid)
- back pain (if known cause please state)
- knee problems
- hip problems
- shoulder or neck problems
- heart disorders
- high blood pressure
- low blood pressure

- asthma
- diabetes
- auto-immune disorder (e.g. M.E. M.S. Lupus etc)
- epilepsy
- anxiety/depression
- sensory disorder affecting eyes or ears
- balance affecting disorder
- allergies
- other (to be discussed with tutor)

Are you or could you be pregnant, or have you given birth in the last six weeks? **Yes / No**
Have you had any operations in the last 2 years? If yes, please advise/discuss with Barley. **Yes / No**

We keep a record of your provided details in accordance with our published Privacy Policy* to keep you up to date on news and announcements. We will not bombard you with unwanted emails and we will not share your contact details with other parties without further consent from you. (*Our Privacy Policy is available on our website at <https://barleyyoga.co.uk/privacy>) Do you agree to Barley Yoga & Dance recording your details? **Yes / No**

We would also like to register you on the "Momoyoga" secure database, a 3rd party site that we use to manage bookings and notify you of changes and cancellations. Do you agree to being registered on Momoyoga? **Yes / No**

I confirm the provided information is correct and I consent for my contact details to be recorded as indicated above. 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.
- advise the yoga tutor of any change in my medical information.
- follow the advice given by my doctor and/or yoga tutor.

Signed.....

Dated