

Registration form for Yog Yatra

organized at

Bal Bharati Public School\_\_\_\_\_

in collaboration with

Mokshaytan Yog Yatra

The purpose of this registration form is to help the Yoga Teacher understand your fitness and health level in order to address your general expectations from our Yoga classes.

Name\_\_\_\_\_ Gender \_\_\_\_\_

Date of Birth\_\_\_\_\_ Age as on date \_\_\_\_\_

Address \_\_\_\_\_

Phone No. \_\_\_\_\_ e.mail Address \_\_\_\_\_

Aadhar Card no. \_\_\_\_\_

1. Have you practiced Yoga before ? (Tick) Yes/No

2. Do you suffer from any of the following health issues ? Tick where applicable.

Arthritis \_\_\_\_\_ Blood Pressure \_\_\_\_\_

Eye issues \_\_\_\_\_ Migraine \_\_\_\_\_

Asthma \_\_\_\_\_ Diabetes \_\_\_\_\_

Epilepsy \_\_\_\_\_ Back Pain \_\_\_\_\_

Cervical Spondylitis \_\_\_\_\_ Heart Condition \_\_\_\_\_

Sciatica \_\_\_\_\_ Any surgery \_\_\_\_\_

Any fracture \_\_\_\_\_

3. Please mention any other health issue, if its not mentioned above. \_\_\_\_\_

\_\_\_\_\_

Please note :

- The Yoga sessions will be taken by experts from Mokshaytan Yog Yatra. The yoga sessions will be held on Saturdays & Sundays from 7.00 a.m. to 8.00 a.m. in school playground.
- Once registered attendance will be mandatory to get maximum benefit from the classes.
- The classes are free of cost. However, you are required to bring your own yoga mat for the classes.
- Please be aware that proper care shall be taken for your well being and safety. However, it is important to realize that it is ultimately your responsibility to adjust your practice to avoid injuries of any kind.
- No responsibility will be taken for injuries or any issue arising from or as a consequence of, your participation in these classes.

Signature \_\_\_\_\_

Date \_\_\_\_\_