

Ahimsa Yoga Student Application

Thank you for taking the time to enable me to better teach you through answering these questions honestly. They will assist me in providing you with a safer and more individualized practice.

Name _____ D.O.B. _____

Mailing address _____

City, State _____ Zip Code _____

Phone No. _____

Occupation _____

E-mail _____

Would you be interested in receiving monthly newsletters? _____

Please list emergency contact(s) and their phone no(s):

Please describe any previous yoga experience

What are your goals through yoga?

Long-term _____

Short-term _____

Please describe any related training (e.g., reiki, massage)

Please describe any current injuries

Please describe any major past injuries

Have you ever broken a bone, if so, which?

Please describe any past/present health conditions (e.g., low or high blood pressure, glaucoma, scoliosis) _____

For you to receive the optimum benefit of an asana pose an adjustment is sometimes necessary. Would you feel comfortable if I gently touched you (shoulders, spine, neck, etc.) to correct your alignment?

Please describe any other classes you would be interested in participating in at Ahimsa Yoga (e.g., chanting, meditation, beginners yoga, advanced yoga, detox class)

What day(s) of the week is it easiest for you to come to yoga?

What time of the day works best for you?

Please note: Practicing inversions (headstand, shoulder stand, downward facing dog, ect.) for an extended period of time while menstruating is a controversial issue in hatha yoga for many reasons. I would love to discuss the issues with you if desired. Please remember this during your practice and take responsibility for your own decision.

Your privacy: Protecting your privacy is extremely important to Ahimsa Yoga. In exchange for your trust, I will ask only for the information I need in order to provide the highest level of service to you. I will not release personally identifying information about you. Please update your information at any time necessary.

Thank you for your support of Ahimsa Yoga! Namaste!

Signature _____ Date _____