

amanda latchmore

harrogate yoga

for well-being in mind body and soul

### *Your Health*

Name \_\_\_\_\_

Address \_\_\_\_\_

Email address \_\_\_\_\_

Telephone number \_\_\_\_\_

Age if less than 18 years \_\_\_\_\_

*Health Information - For your safety it is important that Amanda knows whether you have any of the following conditions, please specify below. This information is confidential.*

Back problems or a history of such problems

Eye or ear problems

Heart or blood pressure problems

Hernia

Asthma/bronchitis

Recent operations

Pregnancy or given birth in the last 9 months

Any problems with joints

Injury

Any other condition that restricts movement or affects balance

Any condition for which medication is necessary

Hearing or sight problems that could affect your participation in the class

*If you develop any of the above conditions during the course please tell Amanda.*

Signature \_\_\_\_\_

Date \_\_\_\_\_

*Through the practice of yoga you will sleep better and your digestion will improve – boosting your immune system – in this way you will become more resilient to life's mental and physical stresses – the potential for vibrant good health is optimised.*

[www.harrogateyoga.com](http://www.harrogateyoga.com)