



Bath
Iyengar Yoga
Centre

14 Charlotte Street, Bath BA1 2JP
www.bath-iyengar-yoga.com 01225 319699 office@bath-iyengar-yoga.com

Foundation Course - Winter 2012

Sundays 6.30 – 8.00 pm

15, 22, 29 January, 5, 12 February

This course is suitable for complete beginners and those who want to revise their basic skills. The course is taught by a senior IYENGAR certified teacher and is held in a **fully equipped yoga studio** and consists of five 1½ hour classes over three weekends in a **small group (maximum 10)**. The fee for the whole course is £55.00 payable in advance.

Please note:

- You are advised to book early to ensure a place.
- You must advise us of any medical conditions or injuries before booking (or before the class if they occur after booking). This course is not suitable for pregnant women or those with certain medical conditions (see overleaf).
- If you need to cancel your booking the booking fee is refundable minus a small administrative charge, provided that notice is given by 7 January

To book your place please complete both sides of the form below and send with fees to the above address.

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Please complete **both sides** of this form

I would like to attend the IYENGAR Yoga Foundation Course;
Sundays 15, 22, 29 January, 5, 12 February 2012

Name _____ e-mail _____

Address _____ Tel _____

_____ Postcode _____

I enclose the fee of £55.00 (cheques payable to **Bath Iyengar Yoga Centre**)
Or BACs payment has been made (the fee must be cleared in our account prior to the course commencing)

BACs info: Please give your initial + surname + FN as reference
Account Name: Bath Iyengar Yoga Centre
Bank: Barclays
Sort code: 20-05-12
Account 40647098

Please tick here if you require a receipt

Partners: Richard Agar Ward
Kirsten Agar Ward



Certified IYENGAR*
Yoga Teachers



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MEDICAL DISCLOSURE Please read the following carefully:

We are concerned for your health and wellbeing and as such it is essential that you inform us of any medical conditions, operations, ailments or injuries you have, or have had, and inform us if you are pregnant, prior to undertaking any course of yoga with us. This information should be written below. You must keep any such details up to date and inform us in writing of any changes well **before** class. We will of course treat this information with discretion.

It is inadvisable for pregnant women and those with the following medical conditions to attend this course:

- | | | |
|-----------------------------|---|------------------------------------|
| 1. Hypertension | 6. Recent post-operative conditions | 9. Epilepsy including Petit Mal |
| 2. Cancer or benign tumours | 7. Conditions associated with heart disease | 10. AIDS |
| 3. Diabetes | 8. Meniere's disease | 11. Myalgic Encephalomyelitis (ME) |
| 4. Detached retina | | |
| 5. Multiple Sclerosis (MS) | | |

If any of these apply please contact us for information on yoga classes which would best meet your needs.

I certify that I have disclosed below any medical conditions, operations, ailments or injuries (including pregnancy) that I have before undertaking any yoga class with Bath Iyengar Yoga Centre. If any such conditions arise after this date I will inform Bath Iyengar Yoga Centre (in advance and in writing). In any event I accept that the yoga classes are undertaken at my risk and I accept that Bath Iyengar Yoga Centre will accept no responsibility for any injury suffered.

Signature **Date**

Medical conditions, injuries, operations, ailments (continue on a separate, named sheet if necessary):

