



Physical Activity Readiness Form for Lustleigh Yoga

For most people, Yoga should not pose any problems. This form is designed to identify the small number of people, for whom this activity might be inappropriate or for those who should seek medical advice before starting a new practice. In addition, knowledge of your niggles will help me to modify postures to make them more accessible for you. All information will be treated confidentially.

Name:
Email: tel:
Emergency contact name: Emergency no:

Do you currently have, or have you been diagnosed with any of the following?:

	Condition	Yes/No	Details
1	A heart condition, or heart or chest pains.		
2	High or low blood pressure.		
3	Feeling faint or having dizzy spells.		
4	Shortness of breath at rest or from mild exertion.		
5	Arthritis, joint pain or back pain.		
6	Asthma.		
7	Pregnancy.		
8	Diabetes.		
9	Epilepsy.		

Using some common sense, if you answered 'Yes' to one or more questions above, please consult your doctor prior to participating in this physical activity.

Is there any other reason, why it may not be safe for you to participate in the class? **Yes** [] **No** [] **Reason:**

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<p>I will inform my yoga teacher of any changes to my health.</p> <p>I accept full responsibility for any risks, conditions, injuries or damages which I might incur as a result of my participation. All of the information I have provided here is true.</p> <p>Signed: Date:</p>
