

# Chester Harbour *Yoga* & Massage Therapy

71 Duke St, Chester, NS, B0J 1J0

Name \_\_\_\_\_

Date: \_\_\_\_\_

Address \_\_\_\_\_

Phone # \_\_\_\_\_ Occupation/Profession \_\_\_\_\_ Age \_\_\_\_\_

Email (optional) \_\_\_\_\_ Emergency Contact \_\_\_\_\_

**Please check any of the conditions below that you experience now or have in the past:**

- |                                       |  |   |  |  |
|---------------------------------------|--|---|--|--|
| <input type="checkbox"/> Epilepsy     | <input type="checkbox"/> Cancer        | <input type="checkbox"/> Shortness of Breath        | <input type="checkbox"/> Bruise Easily   | <input type="checkbox"/> Sciatica      |
| <input type="checkbox"/> Anemia       | <input type="checkbox"/> Asthma        | <input type="checkbox"/> Varicose Veins (Phlebitis) | <input type="checkbox"/> Constipation    | <input type="checkbox"/> Stroke        |
| <input type="checkbox"/> Diabetes     | <input type="checkbox"/> Emphasema     | <input type="checkbox"/> Sensitive Skin             | <input type="checkbox"/> Fluid Retention | <input type="checkbox"/> Heart Disease |
| <input type="checkbox"/> Tuberculosis | <input type="checkbox"/> Bronchitis    | <input type="checkbox"/> Skin Conditions            | <input type="checkbox"/> Neck Pain       | <input type="checkbox"/> Pacemaker     |
| <input type="checkbox"/> HIV /Aids    | <input type="checkbox"/> Chronic Cough | <input type="checkbox"/> Indigestion/Abdominal Pain | <input type="checkbox"/> Leg Cramps      | <input type="checkbox"/> Vision Loss   |
| <input type="checkbox"/> Hepatitis    | <input type="checkbox"/> Smoker        | <input type="checkbox"/> Anaphylactic Reaction      | <input type="checkbox"/> Painful joints  | <input type="checkbox"/> Hearing Loss  |

High/low blood pressure Indicate by circling \_\_\_\_\_

Communicable disease \_\_\_\_\_

Number of colds per year \_\_\_\_\_

Allergies \_\_\_\_\_

Headaches: How often? \_\_\_\_\_

Where? \_\_\_\_\_

Limited movement \_\_\_\_\_

Present painful area \_\_\_\_\_

Chronic painful area \_\_\_\_\_

Arthritis \_\_\_\_\_

Recent surgery \_\_\_\_\_ Reason? \_\_\_\_\_

Fractures/pins/wires \_\_\_\_\_

Artificial joints or limbs \_\_\_\_\_

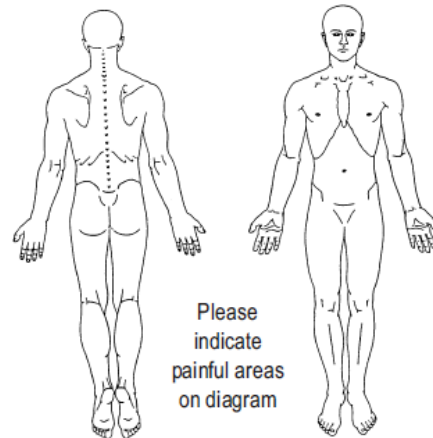
Are you pregnant? \_\_\_\_\_

Other \_\_\_\_\_

Medications (include ailment) \_\_\_\_\_

Current involvement with other health care professionals \_\_\_\_\_

Injuries/accidents (timing/nature) \_\_\_\_\_



## Informed Consent and Waiver of Liability

I understand that yoga poses are physically intensive exercise and I voluntarily assume the risk inherent in my participation in classes & workshops, including the risk of injury, accident, death, loss, cost or damage to my person or property, and I release and indemnify owners/instructors of Chester Harbour Yoga & Massage Therapy, Leigh Milne and John Pece from and against all such claims and liabilities, including medical and attorneys' fees from this date on. I further attest that I am in sufficient health, and/or that I have consulted with a physician and I am able to undertake and engage in the physical movements and exercises in this class.

Signature: \_\_\_\_\_

## OUR AGREEMENT/WHAT TO EXPECT – PLEASE READ:

Welcome to yoga. In order for you to have the best possible experience this information sheet has been prepared for you.

You have selected a class or classes to attend by drop-in or registration. If you have signed up for a term (seven or eight weeks of classes) you intend to attend the class you have registered for. In exchange I/we agree to prepare class plans and be here to conduct classes or, if necessary, a suitable substitute instructor will be provided. If a class must be canceled for any reason you will be offered an alternate class, a class credit or be reimbursed for the canceled class.

**MISSED CLASSES:** Your attendance is your responsibility. If you are registered for a term and miss a class you may make up your missed class by attending another scheduled class in the same term. You may permanently switch to another class mid-session only with instructor permission. Classes are not transferable to another person or the next term.

**TAPAS:** Is the yogic discipline of staying alert and in the present. During class I will give you my full attention and in exchange you will give me your full attention. Yoga is a discipline. Your full attention is required for your mental and physical health and for your personal safety. If the instructor believes you are not fully paying attention he/she will make a point of gaining your attention. This is done with firmness and an open heart with the best of intentions to keep you in the present.

**AHIMSA:** Is the yogic practice of non-harming. During class you will be challenged for your personal growth but *you have the final say regarding how much you can do*. Please keep your instructor informed of any injuries or chronic conditions. If you experience any questionable discomfort or pain during a class inform your instructor immediately. If you need to come out of a pose due to discomfort then come out immediately and with mindfulness. Do not make your own modifications to a pose to avoid discomfort. Ask your instructor for assistance – your instructor is knowledgeable and will help you.

**SATYA:** Is the yogic term for honesty. Be honest with yourself. If you have a (tamasic) easy going nature and know your tendency would be towards reclining on a sofa then you need to challenge yourself more. If you have a (rajasic) competitive nature you need to back off a bit. Yoga is about finding balance.

**SAUCHA:** Means cleanliness. Please be sure your feet are clean and do not wear scents to class. The room is kept clean for you. **NEVER WEAR YOUR SHOES ON THE YOGA FLOOR.** This floor is meant for bare feet, not outdoor dirt. Confine your footwear to the carpeted area. Sanitizer is provided to clean studio mats after use.

### **COMMON REASONS PEOPLE JOIN YOGA ARE:**

1. To improve fitness: If you wish to significantly improve your fitness level you must attend more than once weekly. This is true for any form of physical fitness. Once weekly attendance combined with other activity may lead to fitness benefits. Casual attendance will not lead to fitness benefits and may result in injury due to inconsistent activity and lack of understanding.

2. To Relax: Most people are mentally (not physically) fatigued. Many people are tired yet cannot rest. Iyengar yoga is an active practice meant to engage you on every level and if practiced regularly will lead to greater equanimity and relaxation.

If you are recently recovering from surgery or chemo you will need to attend a restorative yoga class meant to boost the immune system. More active classes will not be appropriate for you.

### **IS YOGA A SPIRITUAL PRACTICE?:**

This is up to you. Yoga is an inclusive method to finding unity or 'oneness' with all. The asana (exercises) we practice are one 'petal' of yoga. The social and personal observances, the breath, non-distraction, sustained focus and meditation are other petals that can in combination bring the student closer to a sense of oneness and equanimity. Beginners approach this through the yoga asana, some breathing practice and readings. If you choose to advance as a student you will be exposed to greater amounts of each yoga petal. Students may stay experienced beginners or advance to another level once having gained adequate understanding of the asana and improved self-awareness.

If you have any questions regarding this agreement please ask.

Make payment by cheque to Leigh Milne PO Box 426 Chester NS, B0J 1J0

Keep this page for your reference