



High Aspirations Pty Ltd

Registration Form for Dru Yoga & Meditation Classes

Welcome to High Aspirations Dru Yoga & Meditation classes. It is important that you acknowledge that yoga is a very individual and personal journey and is non-competitive.

As you would be aware exercise may entail risk of injury or aggravation of existing medical conditions. You are encouraged to consult with a medical practitioner before starting any new exercise program.

It is vital that you respect your body's limitations and inner wisdom; if something feels wrong or dangerous please do not do it.

By registering for High Aspirations Dru Yoga classes you are releasing High Aspirations Pty Ltd, its directors and employees from any and all liability or claims arising out of participation in the Dru Yoga classes offered.

These classes are offered with your highest wellbeing in mind so please enjoy the journey as you get in touch with the many aspects that make up who you are and take the time to really connect with the real you.

When your yoga practice is working you inevitably feel much more alive and vigorous. This sometimes surprises people because they simply do not realise how much of their natural energy has been lost until they feel it coming back.

Let us explore this amazing journey together, enjoy the process and please feel free to see me after the lesson with any queries or comments.

I acknowledge that I have read the above information and I take full responsibility for my health. I am fit to take part in these classes and will work within my own capabilities.

Signature: _____

Name: _____

Contact No: _____

Email: _____

Address: _____

Would you like to receive a regular newsletter from Sarah advising of retreats, workshops, news, tips etc. these are no more than once a term? (please circle) **YES** **NO**

How did you hear about these classes?

What are you hoping to get out of attending these classes?

How would you rate your overall wellbeing prior to commencing Dru classes?

Poor Fair Good Very Good Excellent

Are you recovering from any recent major surgery or illness?

Is there anything you think I need to know in relation to the above?

During the class I may wander around and make suggestions for improvement of posture to individuals. Are you OK with me assisting you by making adjustments to your posture? (please circle)

YES **NO**

This may involve me touching you on the back, arm or leg. If you are sensitive to touch or would not like me in your space then feel free to say no. I respect everyone's right to their own space.

Thank you for taking the time to complete these questions 😊