



## YOGA CONSULTATION FORM & HEALTH QUESTIONNAIRE

Please complete this sheet prior to commencing your first class. It will help us to give you the best support while you are learning and ensure that you gain the maximum benefit from your classes. All information supplied will be treated with the strictest confidence.

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NAME:

ADDRESS:

DATE OF BIRTH:

TELEPHONE:

MOBILE:

EMAIL:

IN CASE OF EMERGENCY - PLEASE CONTACT

Name:

Tel. No.:

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Do you have any experience of yoga?

Yes/No

*If yes please give details of the type of yoga you practised, for how long and when you stopped.*

Do you have any previous experience of Relaxation?

Yes/No

*If yes please give details.*

Do you have any other Holistic interests?

Yes/No

*If yes please give details.*

Why do you want to learn yoga?

*(continued over)*

Have you ever suffered from any of the following?

Any sort of heart trouble or defect Yes/No

Persistent feelings of faintness or spells of severe dizziness? Yes/No

High or Low blood pressure *(please circle which)* Yes/No

Diabetes/ Asthma/ Epilepsy *(please circle which)* Yes/No

Arthritic joints or bone or joint problems that may be made worse by exercise? Yes/No

Skeletal/Muscular problems (breaks, weaknesses, tears etc) Yes/No

Depression Yes/No

Have you had any recent operations or injuries? Yes/No  
*If yes please give details.*

Are you currently on any medication? Yes/No  
*If yes please give details.*

Are you pregnant or have you had a baby in the last six months? Yes/No

If you are under the care of the Doctor for any reason including those above please give details.

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**Declaration:** I declare that all the above information given by me on this consultation form is true and correct, to the best of my knowledge, and as far as I am aware it is safe for me to attend and participate in yoga classes.

**Signature:**

**Date:**

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Thank you for completing this form. We look forward to helping you with your yoga practise, but please note that in most cases we will require written consent from your doctor prior to you starting your first yoga class.