

Purbeck Yoga



PREGNANCY YOGA REGISTRATION FORM

Name (please print): _____ D.O.B: _____

Address: _____

Town: _____ Postcode: _____

Phone (home & mobile): _____

Email Address: _____

Jodi will use this to keep you updated of any class changed etc

Occupation: _____

Emergency contact (Name & phone): _____

Number of weeks pregnant from the start date of course: _____

Due date and planned place of Birth (if known): _____

GP/Midwifery Practice: _____

Have you studied yoga before? Please give details of how long, what style of yoga etc.

Why have you come to learn yoga, and what do you hope to gain from it?

During this pregnancy, have you experienced any of the following?

Please highlight any conditions which have affected you:

Morning sickness	Symphysis pubis dysfunction	Dizziness	Anaemia
Constipation	Breathlessness	Aching groins	Headaches
Nosebleeds	Sleep Disturbances	Haemorrhoids	Pain from fibroids
Lower back pain	Sciatica	Depression	Heartburn
Varicose veins	Oedema (swollen joints)	Anxiety	Diabetes
Low blood pressure	High blood pressure	Pre-eclampsia	Bleeding

Please give details of any of the above which you have highlighted, or any other health issues, which you feel may have some bearing on your yoga practice.

Prior to this pregnancy, have you suffered any injury, ailment or undergone any surgery (e.g. caesarean section, knee surgery) that may have some bearing on your yoga practice?

Have you had any; previous pregnancies? ___ previous miscarriages? ___ previous births? ___
If so please give ages of children. _____

Do you smoke? ___ How many per day? ___

Please list anything else that you think may have some bearing on your yoga practice including any form of medication that you may be taking. This information will help Jodi modify and tailor poses for your comfort and safety.

You are advised to keep Jodi updated should any of the above change, for you own safety and well being.

How did you hear about Jodi? _____

Start date: _____

Thank you for filling out the form!

website: www.purbeckyoga.co.uk

email: jodi@purbeckyoga.co.uk phone: 07977 216106

