

## Yoga for Pregnancy Registration Form

Name:

Address:

Telephone no:

email address:

Please go to [www.pregnancyyogamanchester.co.uk](http://www.pregnancyyogamanchester.co.uk) and subscribe to my mailing list if you haven't done so already. Email is the easiest way for me to contact you. If you enter a work address: will you have access to it during your maternity leave?

Baby's due date:

Is this your 1<sup>st</sup> baby?

Occupation:

Name and phone number of who to contact in an emergency:

Have you done Yoga before?

If yes, for how long and what style? (i.e. Ashtanga, Hatha etc.)

Do you have an existing medical condition (pre-pregnancy) that I should be aware of, in particular, epilepsy, diabetes, asthma, high/low blood pressure, arthritis or back problems? If so, please give details:

Are you experiencing any complications/discomfort during this pregnancy? (e.g. symphysis pubis dysfunction, carpal tunnel syndrome, low/high blood pressure, back-ache, heartburn, varicose veins). If yes, please give details:

Did you experience any complications/discomfort during previous pregnancies? If yes, please give details:

Is there anything else I may need to know:

How did you find out about the class? If poster, where did you see it?