



YOGA AWAKENING AFRICA  
Learn it · Love it · Live it

## Details for Classes at the Yoga Awakening Africa Studio in Tokai - 2017

Venue	Yoga Awakening Africa Studio, 14 Dalmore Rd, Tokai, Cape Town
Contact Details	Nina Saacks   083 424 3889   yoga.ayana@gmail.com   www.saacks.com
Dates	Please see website for current class times
Costs	Bank: Standard Bank Account Holder: Yoga Awakening Africa Account Number: 07 627 0297 Branch: Constantia Code: 025309

## Yoga Awakening Africa Guidelines

Here are a few pointers to enhance your learning and practice of yoga:

- Ensure you are attending classes that are suitable for your level, do this by discussing this with your teacher;
- Remove shoes at the door and place them in the cupboard, we practice in our bare feet. Please don't walk through the studio or over the mats with your shoes as this is unhygienic for others using the mat after you;
- Please ensure you switch your cell off completely – if your cell phone rings or vibrates during class you will need to bring chocolate cake for all the following week!
- Come to yoga with an empty stomach (unless a specific condition prevents this);
- Be early for class. Entering class constantly late is very disruptive and disrespectful to others. If you do arrive a few minutes late, wait outside until the Om's are finished, take a breath and enter quietly finding yourself a mat;
- If you do have your own mat, please bring it as it's more hygienic;
- Wear comfortable exercise clothing;
- Ask questions about anything that is not clear to you. You may ask during class when appropriate or after class;
- Refrain from wearing perfume, cologne or strong essential oils;
- If you have health issues (any illnesses, injury or medical conditions), please notify your teachers before the class as not every pose is appropriate for everyone (for e.g. if you have HBP, LBP, asthma, diabetes, epilepsy hernias, ulcers etc.);
- Please inform your teacher if you are pregnant or are planning to fall pregnant;
- Let go of the competitive mind-set. Yoga is not competitive. It is also not just a work-out; or relaxation techniques. It is a spiritual practice that makes the body stronger, more flexible and generally much healthier. The purpose is to calm the mind, open the heart, and stimulate our spiritual evolution;
- Be kind and loving to yourself by accepting where you are. Its okay to come out of a pose before the teacher says to. Yoga is not "gutting it out" or "no pain no gain". To the contrary, the body will respond beautifully when you show it kindness, acceptance, and love. Rest sometimes. Do what you can, with what you have, with where you are now.
- Try to synchronise your breathing with the movements being done to gain greater benefit from the postures;
- No experience or flexibility is required to practice yoga. Yoga is for everyone; and
- Stay for the entire class. If you need to leave early, tell the teacher beforehand and exit before relaxation.



## 2017 Registration Form for Yoga Classes at the Yoga Awakening Africa Studio in Tokai

All information that you provide in this questionnaire is strictly confidential and will become a part of the Yoga Awakening Africa records. Information is accessible only to yoga teachers teaching at Yoga Awakening Africa, so please ensure all your details are correct. No information is passed on or sold to third parties.

Full Name											
Physical Address											
Contact Numbers											
Email											
Date of Birth											
Name & Number of Nearest Relative/s											
Doctor Name & Number											
Medical Illnesses:	<table border="0"> <tr> <td>Diabetes</td> <td>Hypertension</td> </tr> <tr> <td>Heart Disease</td> <td>Asthma</td> </tr> <tr> <td>Cancer</td> <td>Genetic Defects</td> </tr> <tr> <td>Osteoarthritis</td> <td>Gout</td> </tr> <tr> <td>Epilepsy</td> <td>Other (please specify below)</td> </tr> </table>	Diabetes	Hypertension	Heart Disease	Asthma	Cancer	Genetic Defects	Osteoarthritis	Gout	Epilepsy	Other (please specify below)
Diabetes	Hypertension										
Heart Disease	Asthma										
Cancer	Genetic Defects										
Osteoarthritis	Gout										
Epilepsy	Other (please specify below)										
Any Physical, Mental or Psychological Problems											
Current Medication											
Have you done any yoga before?											
If so how long?											
What is/are the reason/s for wanting to take part in these classes?											

### Yoga Disclaimer

We assume that all individuals are healthy before attending yoga. Otherwise we suggest getting your doctors prior approval. All information shared in yoga sessions are for educational purposes. In no way is any advice intended to suggest that it is a substitute for proper medical care or good common sense. The person uses these techniques, while agreeing to take complete responsibility for themselves. Further, a yoga teacher is not a licensed health professional and offers these yoga classes and advice purely from his/her knowledge and understanding of yoga. He/She does not claim to diagnose or treat any illnesses.

I, \_\_\_\_\_, am aware that neither Yoga Awakening Africa, nor any teacher teaching at the Yoga Awakening Africa Studio accept any responsibility for loss, damage or injury to myself which may be sustained during classes or while on the premises. I have read and accepted the guidelines given to me.

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