

# YOGA CLASSES FOR 2018 – Terms 1 & 2

## LEARN YOGA AT ST HILDA'S



*Yoga is a science and dates back over 5000 years.*

*It is the oldest defined practice of self-development.*

Why we recommend regular yoga practise; whether you use yoga for self-transformation or for stress management and physical well-being, the benefits are outstanding.



### Yoga's Effects on the Body:

- Reduced stress levels
- Stimulates improvements in attention, concentration and memory
- Increases cardiovascular efficiency & decreases blood pressure
- Improves sleep and digestion
- Self-growth and development
- Improves mood and feelings of well-being.
- Anxiety, depression and hostility decreases and social adjustments increases
- Immune function increases
- Physical strength and endurance increases
- Flexibility and joint range of motion increases
- Balance, hand-eye coordination, dexterity and fine motor skills improve

Yoga classes recommended for students in years Prep through to Year 12 over 15 weeks of tuition, on a Semester basis, one class per week.

### ALL CLASSES ARE OFFERED AT THE FOLLOWING TIME:

Monday 3:30 – 4:15PM

**Start Date: 5 February – 18 June 2018**

Cost: \$220 for term 1 & 2

All classes will be held at the Ballet Cabin

yoga  
pendent that  
contains  
essential oils  
available for  
\$30

**For more information or to secure your place please contact  
Danielle Williams on 0411 143 303 or email [livinghealthnaturally8@gmail.com](mailto:livinghealthnaturally8@gmail.com)**

**Please return completed enrolment form with payment at the start of class on the first week  
directly to Danielle.**

# YOGA ENROLMENT FORM

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I wish to enrol my child in Yoga lessons for this semester commencing Monday 5 February 2018

**Please return completed enrolment form with payment at the start of class on the first week.**

Child's Name: \_\_\_\_\_ DOB: \_\_\_\_\_

Parent's Name: \_\_\_\_\_

Email: \_\_\_\_\_

Phone number: (H) \_\_\_\_\_ (M) \_\_\_\_\_ (W) \_\_\_\_\_

Emergency name & contact: \_\_\_\_\_

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

**Please clear fees by the start of the 2<sup>nd</sup> week of classes otherwise students will be unable to attend any further classes until such times payment is made.**

**Please make all monies payable to Danielle Williams either by cheque attached to enrolment form or direct debit to :**

**Queensland Police Credit Union**

**BSB: 704-052**

**Account: 435237**

**Name: D A Williams**

**Reference: Students name**

*Please note there are no refunds on classes. Once you have enrolled and payed for the semester it is your responsibility for your child to attend all classes.*

## **What to bring to yoga classes:**

- Yoga mats are supplied. If your child has their own it is always recommended to bring to class
- Wear clothes that are comfortable and easy to move in. I would recommend leggings, bike pants, shorts or yoga pants.
- Also please bring a water bottle to class, depending on location water bubblers not always in close proximity.
- All I ask is for your child to be willing to learn new things, have fun and enjoy the many benefits of yoga

# MEDICAL & INJURY HISTORY

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*All information mentioned is confidential.*

Name: \_\_\_\_\_ DOB: \_\_\_\_\_

Emergency contact: \_\_\_\_\_

Contact number: \_\_\_\_\_ Relationship to student: \_\_\_\_\_

Blood pressure – High or low	Y / N
Heart Conditions	Y / N
Diabetes	Y / N
Asthma	Y / N
Bronchitis	Y / N
Suffers from headaches or migraines	Y / N
Chronic Fatigue Syndrome or Glandular Fever	Y / N
Blood Disorders	Y / N
Allergies, if yes please list	Y / N
	Y / N

Injuries or surgery that may affect or limit students practise: \_\_\_\_\_

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Any medication: \_\_\_\_\_

Any other health concern that may affect student's practise, which has not already been mentioned: \_\_\_\_\_

Parent/Guardians signature: \_\_\_\_\_ Date: \_\_\_\_\_