

# YOGA CLASSES FOR 2019 – Terms 1 & 2

**LEARN YOGA AT ST HILDA'S – STARTING MONDAY 11 FEBRUARY 2019**



*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.*

**You can purchase your own  
Yoga Warrior T-shirt \$26.50  
Sizes 4-12**

## Yoga's Effects on the Body:

- Reduced stress levels
- Stimulates improvements in attention, concentration and memory
- 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 Pre-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: 23 July 2018

Cost: \$220 for term 1 & 2

All classes will be held at the Ballet Cabin across the oval

***For more information or to secure your place please contact Danielle Williams on 0411143303 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.**



# YOGA ENROLMENT FORM

---

I wish to enrol my child in Yoga lessons for this semester commencing Monday 11 February 2019

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

---

*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:

Any medication:

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

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

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

