**PURPLEZEN YOGA**

**Personal Details**

**Name:**

**Address:**

**email: Mobile:**

**Emergency Contact:**

**Please indicate below if you have any of the health issues listed giving details where necessary:**

**Any heart issues Yes / No**

**High or low blood pressure Yes / No**

**Suffering from a recent injury Yes / No**

**Recovering from an operation Yes / No**

**Taking medication Yes / No**

**Currently pregnant or recently given birth Yes / No**

**Any other health issues or concerns (please give details)**

**Signature ………………………………………….. Date …………………………………**

Disclaimer

Yoga is for everyone.

However, when online, it is up to the individual to assess whether they are ready for the class that they have chosen. The practice of yoga asanas requires you – the practitioner – to gauge the safety of your practice within your personal physical limitations. PurpleZen Yoga assumes no responsibility for injuries suffered while practicing these techniques either in class or on-line in your own location.

**Purple Lily Yoga**