



**Yoga Class and Workshop Registration Form  
All Hearts Center for Yoga and Wellness**

Today's Date \_\_\_\_\_

Name \_\_\_\_\_

Address \_\_\_\_\_ Zip \_\_\_\_\_

Telephone Day/work \_\_\_\_\_ cell \_\_\_\_\_ eve/home \_\_\_\_\_  
(in the event I need to notify you about a class cancellation)

Email \_\_\_\_\_

Amount \$ \_\_\_\_\_  Check [Check # \_\_\_\_\_] or  Cash \_\_\_\_\_  
(Single classes are \$15) Please make checks to: All Hearts Center

Class you are registering for: day \_\_\_\_\_ and time \_\_\_\_\_

Due date if registering for Prenatal class \_\_\_\_\_

To enable me to better assist you to work within your level of safe participation and tolerance, please include any health concerns or issues related to your:

Bones/joints \_\_\_\_\_

Heart/lungs \_\_\_\_\_

Blood Pressure \_\_\_\_\_

Other medical concerns or physical limitations \_\_\_\_\_

***(All information will be kept confidential)***

**\*\*I have read and understand the Policies and Requests \_\_\_\_\_**

***(please date & initial)***

e     c/e     p/a     q



## All Hearts Center for Yoga and Wellness

Carol Klammer BA, MEd, ERYT 500

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Norwich, CT 06360 860-887-3388

[hathayoga@snet.net](mailto:hathayoga@snet.net)

[www.ahhyoga.com](http://www.ahhyoga.com)

<http://www.facebook.com/ahhyoga>

### Policies & Requests

1. Please let your teacher know if you have any concerns about your experience. I would like the opportunity to address anything that you have questions about, or are not satisfied with. If you are pleased, please tell others.
2. Classes are open to adults and youth (16 years and older).
3. If you have any **health condition**, please be sure to notify me about it. If you have consulted a physician or other health care provider for any health issues other than routine checkups within the last three months, **please let your physician know you are planning to take a yoga class so that your physician may advise you of any restrictions**.
4. Wear layers. (For example, a tee shirt and sweat shirt.) We can adjust to the environment more easily.
5. Wear elastic-waisted pants. The breath work requires free movement for the abdomen.
6. A yoga mat is best, but a blanket or comforter will also work to lie on. Also bring a cushion or towel.
7. Please come with an empty stomach if possible. You will definitely enjoy the practice more. Bring water in a closed container if you wish. (except Prenatal: eat lightly before class)
8. Please be on time or a few minutes early for class.
9. If you are late: respect those who have begun their practice ~ please come in as quietly as possible
10. No cell phones, beeping watches or other electronic sounds. Leave these outside class.
11. Please avoid wearing perfume, cologne or scented cosmetics (some people are very sensitive to scents, and even may become ill from scents.)
12. **No refunds, no credits.** Class cards have a definite end date. Make sure you know what that date is and plan your classes. If you signed up/reserved a spot in class or workshop, you can cancel that reservation up to 2 hours before the class without being charged. If you miss class and you have not cancelled the class, your class card will be deducted for the class. All Classes & events have cancellations windows, please note them when you register.
13. **Single Classes/Walk-ins /drops-ins** are \$15 if you are not registered, *only if there is space available*. Information/registration forms must be filled out for drop-in attendees.

### To register for the Yoga class:

- Fill out the registration form
- Read the policies and procedures

\*note: once you are registered there are no refunds or credits (you can reserve a space in your preferred class )

- If there are issues or concerns ( For example: pregnancy, joint or organ surgeries or injuries, high blood pressure ) or anything else on your registration sheet your teacher needs to know about, please make sure you notify her/him AHEAD of the first class. If you turn in your registration a few minutes before your first class it may be very difficult for your teacher to have time to read it and adequately help you take care of these concerns.

The registration fee may be paid in cash at the class or a **check** made out to All Hearts Center

If mailing, send the check and registration form to:

All Hearts Center

12 Case Street,

Suite 208

Norwich, CT 06360