# Pregnancy Yoga Class Registration Form

## Dear student, please take the time to complete this form in as much detail as you can and return it at least 24 hours in advance of your first class. If you have any questions, please get in touch using the contact details provided at the bottom of this form.

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| --- | --- |
| Name: | Emergency Contact Name: |
| Address: |
| Phone: | Emergency Contact Phone Number: |
| Email: |

Do you have any prior experience of yoga (pregnancy or non-pregnancy)?

We only offer classes to individuals in their 12th week of pregnancy or later, in order to help us calculate this, what is your due date?

Is this your first pregnancy?

Have you informed your doctor or mid wife that you plan to take pregnancy yoga classes?

Do you have any medical conditions? (pre-existing or pregnancy related)

Is there anything else you feel might be relevant or you’d like to make us aware of?

What do you hope to gain from taking this class /course?

Are you happy for us to contact you with relevant information, news, events? If so please cross to indicate yes to the following methods:

SMS Email Post

Please sign and date to confirm you have read and accepted the joining guidelines including key precautions; you accept that you are responsible for your own body, health and personal safety and release Amala Yoga and its instructors, from any liability or responsibility now or in the future.

Signed: Dated:

# \*All information provided will be kept in the strictest confidence, in accordance with the data protection act. Your information will not be circulated or passed on.

# Benefits of Pregnancy Yoga

Yoga during pregnancy helps you to connect to your changing body and to your growing baby, through a range of appropriate movements, breathing exercises, and relaxation techniques. Pregnancy yoga offers tools that can be used both during and outside of the practice, to assist you through pregnancy to birth and beyond. The yoga class can provide a place of escape, a place of rest and relaxation, a place of nurture, and a place to recharge.

# Joining Guidelines including Key Precautions

## Yoga during pregnancy is a wonderful experience, however we only recommend students attend after their 12th week of pregnancy, due to the huge changes happening to your body and your growing baby during this special early stage. This applies whether you are completely new to yoga practice or are an experienced yogini!

## We will never suggest a practice that is unsafe, however you need to be mindful of your body. Every body and every pregnancy is different.

## Listen to what your body is telling you, if you are tired, take a rest, if something is uncomfortable, change position. If you need the loo, or a mid-class snack or sip of water – go for it!

Every pregnancy is unique -this is your body and your pregnancy, only do what feels good for you.

If you would like an alternative or modification to any suggested poses, movements or practices, please ask!

# General Guidelines:

* Digestion takes longer during pregnancy, eat little and often. Have a snack before class if you haven’t eaten for several hours.
* Avoid jumping as this places stress on the cervix.
* Don’t be tempted to overstretch – due to the release of certain hormones, ligaments and tendons loosen and soften during pregnancy and will not rebound if over-stretched, which can lead to problems in the future.
* Intense back bends are to be avoided as they compress the lower spine.
* Those with low blood pressure should avoid long static holds, which may cause faintness and can also aggravate circulatory problems.
* Inversions should be avoided due to possible compression of the placenta, and increasing pressure on joints that aren’t used to taking extra weight.
* Breath retention should be avoided so as not to restrict the flow of oxygen to the baby.