



Har Yoga

To help us serve you better, please complete the following short questionnaire:

Name: _____

Contact Number: _____

E-mail address: _____

Address & post code: _____

Contact name & number in case of emergency: _____

Is this your first experience with Kundalini Yoga? Yes/No

If not when/where did you study? _____

Have you ever done any other kind of yoga or meditation? Yes/No

If yes, please provide details _____

What would you like to achieve by taking these classes (tick all that apply):

Improve health Develop inner awareness

Reduce stress Increase energy

Learn to relax Lose weight

Other (please specify): _____

Do you have any injuries that could affect your practise? Yes/No

If yes, please provide details: _____

Please list any areas of interest: _____

Har Yoga 2013 - Confidentiality

Har Yoga will only contact you in respect of our classes and workshops. We will keep all personal information in trust and strict confidence. Personal information will not be shared with, or sold to any person or organisation for commercial or any other purpose.