



50 Chrisoliet St, Jukskei Park

Tel +27 (72) 605 1163

Email: [angie@paitula.co.za](mailto:angie@paitula.co.za)

[www.facebook.com/paitulayoga](http://www.facebook.com/paitulayoga)

## Welcome to Pai Tula Yoga

Name: \_\_\_\_\_

Phone number: \_\_\_\_\_ Cell: \_\_\_\_\_

Email: \_\_\_\_\_

Occupation: \_\_\_\_\_

Date of Birth: \_\_\_\_\_

Have you practiced yoga before? \_\_\_\_\_

Do you have any current regular exercise? \_\_\_\_\_

Please list any past injuries and recent injuries \_\_\_\_\_

Do you suffer from any medical condition or illnesses? (eg Arthritis, high or low blood pressure, asthma, heart condition, neck or back pain): \_\_\_\_\_

Are you currently taking any medication? \_\_\_\_\_

Are you pregnant? \_\_\_\_\_

What do you aim to get out of Yoga in general? \_\_\_\_\_

What time of day would be most practical for you to join yoga classes? \_\_\_\_\_

Please note: We advise that you seek medical attention prior to beginning the practice of yoga and if you suffer from any health or medical condition.

### Disclaimer – please read and sign.

Every precaution and much care is taken by the teacher during class so that you can practice in a safe manner, in a safe and supportive environment. You are invited to enthusiastically approach your practice. However, it is encouraged that you take care when determining your own ability to do the exercises offered in class and do not aggravate existing injuries.

Please be aware that you are ultimately responsible for your own personal health and safety and any injuries or illness incurred during class are not the fault of the teacher. If you have any doubt whether any of the classes at Pai Tula Yoga are suitable for you or if you have any particular injury or condition, please consult your physician before beginning your practice. Always inform the teacher of any injury, medical conditions, if you are pregnant or have had any recent surgeries. All personal information collected is confidential and will not be shared. In the event of a substitute teacher, it is the student's responsibility to notify the teacher of the aforementioned conditions.

I do not and will not hold Angie Tennant or any other member of the centres I practice at responsible for any injuries, pain or discomfort suffered by me as a result of participation in the class.

**I have read, and agree with, the above statement ~**

Name (printed) \_\_\_\_\_ Signature: \_\_\_\_\_

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

## Payment Options:

|             |      |                          |            |      |                          |
|-------------|------|--------------------------|------------|------|--------------------------|
| 1 Class:    | R125 | <input type="checkbox"/> | 1 Month:   | R770 | <input type="checkbox"/> |
| 5 Classes:  | R440 | <input type="checkbox"/> | Privates:  | R520 | <input type="checkbox"/> |
| 10 Classes: | R750 | <input type="checkbox"/> | 2 per Week | R560 | <input type="checkbox"/> |
| Beginners   | R600 | <input type="checkbox"/> | 3 per Week | R630 | <input type="checkbox"/> |

**Please note:** Once a payment has been made, there will be ***NO REFUNDS*** or class extensions. All payment packages limited to classes are valid for 3 months. Pai Tula Yoga does not under any circumstances allow for swaps between students, and so class cards are therefore only redeemable by the student stipulated on them and no exceptions will be made. Class prices are subject to an annual increase.

Please send proof of payment to [angie@paitula.co.za](mailto:angie@paitula.co.za)

Please use your initials and surname as a reference.



Banking Details:  
Standard Bank  
Cheque Account  
AD Tennant  
401294765  
Branch: Northgate 001106

## Class Etiquette:

- Please arrive at least 10 minutes before your first class to settle in and register.
- Always arrive on time. Once the doors are closed, no access will be given as it is very disruptive to fellow students.
- Be prepared to stay the duration of the class as early exit is also not permitted – the most important parts of a yoga class are the beginning and end.
- Wear comfortable clothing. No need for shoes in yoga.
- Please do not wear strong perfumes
- A yoga mat is needed. The studio do have some to borrow, a donation for cleaning is always welcomed!
- We don't advise drinking water during yoga, as it is a distraction, and also affects the stomach which is being worked on through the yoga asanas (poses).
- It is suggested you avoid or restrict eating or drinking 1 hour prior to your yoga class.
- Pai Tula Yoga and its related centres will not be held responsible for any death, personal loss, damage or injury incurred while on the premises. Please understand your personal belongings are your own responsibility.